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CONTENT AREA: Physical Education

GRADE: 9

UNIT #: 1

UNIT NAME: Wellness

SLO #: 1 Analyze the short and long term impact of physical inactivity and apply fitness-training principles to improve personal fitness. 9

WELLNESS

	Developing/ Needs Improvement	Targeted	Exceeds Targeted
Parts			
Analyze the short and long term impact of physical inactivity and apply fitness-training principles to improve personal fitness. 1	Displays little or no understanding of the short or long-term impact of physical inactivity or the application of fitness-training principles to improve personal fitness.	Analyzes the short or long term impact of physical inactivity and applies fitness-training principles to improve personal fitness.	Completes a thorough analysis of the short or long term impact of physical inactivity and applies several fitness-training principles to improve personal fitness.

SLO #: 1

Goal: Analyze the short and long term impact of physical inactivity and apply fitness-training principles to improve personal fitness.

Note: In grade 6 you have identified personal (family history of heart disease), social (stressful circumstances, anxiety, low self-esteem) and environmental factors (access to various health-related resources, e.g., healthy or unhealthy foods, recreational resources, medical care) impacting personal health and physical fitness.

Students will participate in variety of activities that include health-related and skill related fitness components.



Continuous Relay

Name: _____ Class: _____

Instructions: You will participate in a Continuous Relay for 20 minutes. Record your heart rate, perceived exertion and steps (using a pedometer) at the conclusion of each round. In the column next to the heart rate, indicate whether you are in your target heart rate zone or not. Prior to round 1 everyone will participate in an active warm-up for approximately 1 minute. Each different exercise within a round is 2 minutes in duration. The goal of the aerobic session is to exercise in your target heart rate zone (60% - 85%) for a minimum of 20 minutes. You will work to maintain or increase your fitness level as needed.

Target Heart Rate Zone _____ - _____

Round	Activity	Heart rate	In Zone? Yes or No	Rate of Perceived Exertion (RPE)	Steps
Active Warm -up					
1	<u>Jump Rope</u> <u>Run around activity space</u> Jumping Jacks				
Water Break if needed					
2	<u>Jump Rope</u> <u>Skip around activity space</u> Mountain Climbers				
Water Break if needed					
3	<u>Jump Rope</u> <u>Slide around activity space</u> Burpees				
Water Break if needed					
Cool - down					
Total Steps _____ →					

Handout #1: Target Heart Rate Worksheet

Students will calculate their target heart rate zone prior to the activity.

Handout #2: Rate of Perceived Exertion Chart

Discuss with the students

Rating of Perceived Exertion Borg RPE Scale		
6		How you feel when lying in bed or sitting in a chair relaxed. Little or no effort.
7	Very, very light	
8		
9	Very light	
10		
11	Fairly light	
12		Target range: How you should feel with exercise or activity.
13	Somewhat hard	
14		
15	Hard	
16		
17	Very hard	How you felt with the hardest work you have ever done.
18		
19	Very, very hard	Don't work this hard!
20	Maximum exertion	

Assessment #1:

Based on the Continuous Relay hold a discussion regarding the short and long-term impact of physical inactivity and how one would apply fitness-training principles to improve personal fitness.

Think About.....

1. What does it mean if your heart rate is not within your target heart rate zone when you are done exercising or participating in a physical activity?
2. What should you do if you take your pulse (heart) rate during activity and it is above your target heart rate zone? Why?
3. What should you do if you take your pulse (heart) rate during activity and it is below your target heart rate zone?
4. What does the perceived exertion scale measure? (Increased heart rate, increased respiration or breathing rate, increased sweating, and muscle fatigue- it reflects the interaction between the mind and body.

Assessment #2:

Apply Your Fitness Knowledge – Help Me, I want to Get My Body in Shape!

(Resource: Physical Education Assessment Toolkit – Liz Giles-Brown)

Assessment #3:

Adventure Racing for Fun & Fitness: Poker Run

Resource: *Adventure Racing Activities for Fun & Fitness*
Dan DeJager and Catherine Himberg

Adventure racing makes fitness more enjoyable for your students.

Key elements that make adventure racing a fun experience:

1. Working together as a team to complete a race
2. Solving problems together, relying on each team member's unique strengths
3. Competition
4. Humor

Race Layouts:

1. Around the Track
2. Around a field, blacktop area or playground
3. Combine #1 & #2
4. In the Gym

Obstacles:

1. Fitness – Cardio, Muscular strength, endurance & Flexibility
2. Skill – practice for Sport or Activity
3. Problem Solving & Team Building

Course Rules: For In the Gym

- Each team must stay together.
- Each team must answer the question before running.
- Each team will run 2 laps around the gym after completing each obstacle.
- Racers may help teammates get through obstacles.
- Teams may complete obstacles in any order they choose.
- Teams will collect 1 playing card from the teacher after each obstacle is completed.
(Teams are not allowed to exchange cards with other teams during the race).
(The teacher may choose to reward teams who cooperate well, encourage others and race with integrity by giving them extra cards).
- Teacher will determine which team has the best poker hand at the completion of the last obstacle and final lap.

Teams:

Divide your class into 6 – 8 coed teams of 3 – 4 students.
(One group per the number of obstacles)

Equipment:

6 – 8 Combination locks with combination card
2 Soccer balls
8 balloons

- 9 pool noodles
- 1 deck of playing cards
- 4 cones
- Watch or clock (to measure pulse rate)
- Poker Hand Rankings (www.sparkfamily.org)

Obstacle Stations:

Obstacle #1: Fitness Lock Combination:

Each team will be given 1 combination lock to open at this obstacle. The numbers to the combination lock are placed in a random order on the card. In order to complete this obstacle, your team must complete a designated number of fitness exercises and then open the lock.



Collect 1 playing card

Answer Question: What does the F.I.T.T. principles of training acronym denote?

Run 2 laps

Measure pulse rate

Perform _____ number of Crunches for the first number on your card.

Perform _____ number of Pushups for the second number on your card.

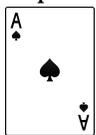
Perform _____ number of Squats for the third number on your card.

Note: If any combination number is less than 10 each team member must perform 10 of that particular exercise.

Obstacle #2: Bear Crawl/Crab Walk:

Each team will bear crawl from one of the gym to the other. At that point each team member will crab walk back to the starting point.

Repeat this 2 times.



Collect 1 playing card

Answer Question: How can you measure the intensity of a cardiorespiratory fitness workout?

Run 2 laps

Measure pulse rate

Obstacle #3: Math Noodle

Each team will attempt to solve a stick puzzle using lateral thinking with pool noodles.

Triangles: Set up 9 noodles as shown. Move 3 of the noodles to make 5 triangles.





Collect 1 playing card

Answer Question: How can having a healthful level of muscular strength and endurance positively affect someone's life?

Run 2 laps

Measure pulse rate

Obstacle #4: Cross Countries

Each team member will perform (70) Cross Countries.



Collect 1 playing card

Answer Question: What are 3 risk factors for heart disease?

Run 2 laps

Measure pulse rate

Obstacle #5: Soccer Passing

Each team member will perform Soccer Passing.



Collect 1 playing card

Answer Question: What are 3 components of health-related fitness?

Run 2 laps

Measure pulse rate

Obstacle #6: Balloon Bonanza

Line up your team with balloons between each member, such as X balloon, X balloon X (where X represents a team member). If you have 3 team members you will need 2 balloons.

Beginning at one end of the gym, your team must walk the length of the gym to the opposite end without letting any of the balloons touch the floor. If a balloon drops to the floor, your team must begin at the starting point. When your team reaches the opposite end of the gym....



Collect 1 playing card

Answer Question: To determine the best intensity of your cardiorespiratory workout, you will need to calculate your _____?

Run 2 laps

Measure pulse rate

Assessment #1:

- Review the answers to the 6 questions student's recorded on their scorecard.

Question #1: What does the F.I.T.T. principles of training acronym denote?

Question #2: How can you measure the intensity of a cardiorespiratory fitness workout?

Question #3: How can having a healthful level of muscular strength and endurance positively affect someone's life?

Question #4: What are 3 risk factors for heart disease?

Question #5: What are 3 components of health-related fitness?

Question #6: To determine the best intensity of your cardiorespiratory workout, you will need to calculate your _____?

- Discuss the effects of heart rate in regards to exercise?
- Discuss the short and long term impact of physical inactivity and the application of fitness-training principles to improve personal fitness.
- Determine the Best Poker Hand

Assessment #2

Thinking About Cardiorespiratory Fitness

(Resource: Physical Education Assessment Toolkit – Liz Giles-Brown)

Assessment #3

Thinking About Fitness Training

(Resource: Physical Education Assessment Toolkit – Liz Giles-Brown)

Adventure Racing for Fun & Fitness: Poker Run

Team Members	1.	3.
	2.	4.

<p>Course Rules:</p> <ul style="list-style-type: none"> ● Each team must stay together. ● Each team must answer the question before running. ● Each team will run 2 laps around the gym after completing each obstacle. ● Racers may help teammates get through obstacles. ● Teams may complete obstacles in any order they choose. ● Teams will collect 1 playing card from the teacher after each obstacle is completed. (Teams are not allowed to exchange cards with other teams during the race). (The teacher may choose to reward teams who cooperate well, encourage others and race with integrity by giving them extra cards). ● Teacher will determine which team has the best poker hand at the completion of the last obstacle and final lap.
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Obstacles	Collect Playing Card	Answer Question	Run 2 laps	Pulse Rate
<p>Fitness Lock Combination Each team will be given 1 combination lock to open. The numbers to the combination lock are placed in random order on the card. In order to complete this obstacle, your team must complete a designated number of fitness exercises and then open the lock. Perform _____ number of Crunches for the first number on your card. Perform _____ number of Pushups for the second number on your card. Perform _____ number of Squats for the third number on your card.</p>		What does the F.I.T.T. principles of training acronym denote?		1. 2. 3. 4.
<p>Bear Crawl/Crab Walk Each team will bear crawl from one of the gym to the other. At that point each team member will crab walk back to the</p>		How can you measure the intensity of a cardiorespiratory fitness workout?		1. 2.

<p>starting point. Repeat this 2 times.</p>				<p>3. 4.</p>
<p>Math Noodle Each team will attempt to solve a stick puzzle using lateral thinking with pool noodles. Triangles: Set up 9 noodles as shown. Move 3 of the noodles to make 5 triangles.</p> 		<p>How can having a healthful level of muscular strength and endurance positively affect someone's life?</p>		<p>1. 2. 3. 4.</p>
<p>Cross Countries Each team member will perform (70) Cross Countries</p>		<p>What are 3 risk factors for heart disease?</p>		<p>1. 2. 3. 4.</p>
<p>Soccer Passing Each team member will perform Soccer Passing in a triangle or square 10 times.</p>		<p>What are 3 components of health-related fitness?</p>		<p>1. 2. 3. 4.</p>

<p>Balloon Bonanza Line up your team with balloons between each member, such as X balloon, X balloon X (where X represents a team member). If you have 3 team members you will need 2 balloons. Beginning at one end of the gym, your team must walk the length of the gym to the opposite end without letting any of the balloons touch the floor. If a balloon drops to the floor, your team must begin at the starting point. When your team reaches the opposite end of the gym return the balloons to the equipment area.</p>		<p>What are 3 components of health-related fitness?</p>		<ol style="list-style-type: none"> 1. 2. 3. 4.
<p>Poker Hand Using only 5 cards, what is the best poker hand you can have?</p> <hr/>	<ol style="list-style-type: none"> 1. 2. 3. 4. 5. 			



Fitness Lock Combination

Each team will be given 1 combination lock to open. The numbers to the combination lock are placed in random order on the card. In order to complete this obstacle, your team must complete a designated number of fitness exercises

and then open the lock.

Perform _____ number of Crunches for the **first** number on your card.

Perform _____ number of Pushups for the **second** number on your card.

Perform _____ number of Squats for the **third** number on your card.

Bear Crawl/Crab Walk

Each team will bear crawl from one of the gym to the other.



At that point each team member will crab walk back to the starting point.



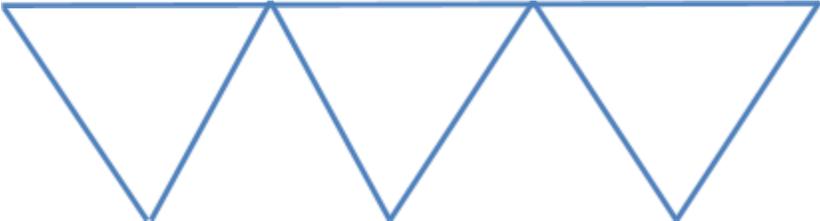
Repeat this 2 times.

Math Noodle

Each team will attempt to solve a stick puzzle using lateral thinking with pool noodles.

Triangles: Set up 9 noodles as shown.

Move 3 of the noodles to make 5 triangles.

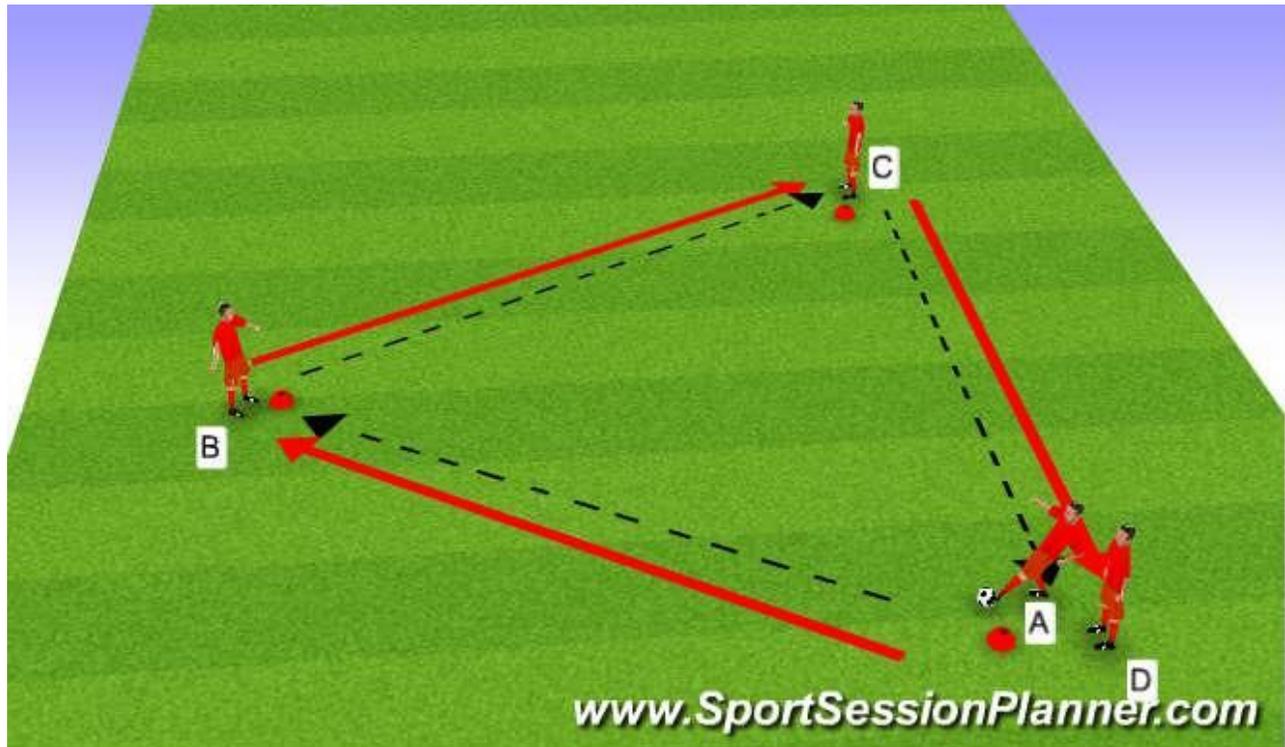


Cross Countries



Each team member will
perform **(70)**
Cross Countries

Soccer Passing



Each team member will perform Soccer Passing in a triangle or square 10 times.

Balloon Bonanza



Line up your team with balloons between each member, such as X balloon, X balloon X (where X represents a team member). If you have 3 team members you will need 2 balloons.

Beginning at one end of the gym, your team must walk the length of the gym to the opposite end without letting any of the balloons touch the floor. If a balloon drops to the floor, your team must begin at the starting point.

When your team reaches the opposite end of the gym return the balloons to the equipment area.