

1-Minute Fitness Challenges

STUDENT TARGETS

- ✔ **Skill:** I will successfully demonstrate 1 jump-rope skill.
- ✔ **Cognitive:** I will discuss and identify the components of a health-related fitness plan.
- ✔ **Fitness:** I will design a fitness plan with a variety of different physical activities that I enjoy.
- ✔ **Personal & Social Responsibility:** I will work cooperatively with classmates, participating with and accepting all skill levels.

TEACHING CUES

- ✔ Begin on the Start Signal
- ✔ Stay Active in Your Station Area
- ✔ On Stop Signal, Reset Station Equipment and Rotate to the Next Station

ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 12 hula-hoops
- ✔ Fitness Station Cards
- ✔ 4 exercise balls
- ✔ 4 exercise bands
- ✔ 2 foam dice
- ✔ 1 1-Minute Fitness Challenge Card per student
- ✔ 2 pencils per station
- ✔ 1 Fitness Plan Worksheet per student

Set-Up:

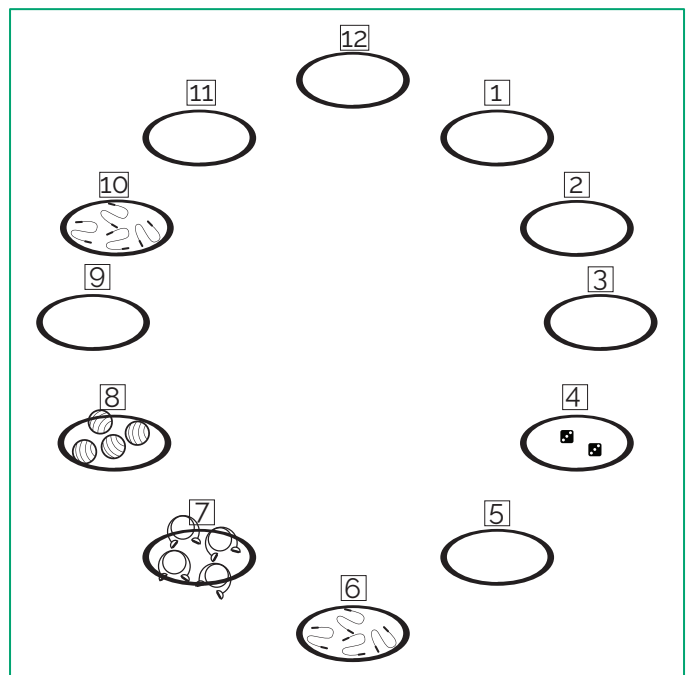
1. Create a large circle or grid with hula-hoops, identifying each station with numbered station cards.
2. Place station equipment and pencils inside hoops. Station 12 is an Individual assessment station. Choose an assessment (e.g., height/weight, fitness knowledge DOK questions, etc.) for that station.
3. Create groups of 2-4 students. Send each group to a different station to begin the rotation.

Activity Procedures:

1. Today we're going to complete a series of 1-Minute Fitness Challenges by working in stations and then rotating after 1 minute.
2. Look at the station number where you're starting. Be sure to start with the same number on your challenge card (teachers provide an example). Write down how many repetitions of each exercise or challenge you complete. I will be at Station 12 helping with your individual assessment.
3. When you hear the stop signal, clean your station area and then rotate to the next station.

Grade Level Progression:

- 3rd:** Provide detailed instruction for each station and post discussion questions at Station 12. This will allow you to circulate and supervise all stations.
- 4th:** Provide a brief overview of each station and use Station 12 for individual assessments.
- 5th:** Give students 1 minute to read and review the challenge card, then check for understanding. Use Station 12 to explain the Fitness Plan Assessment Worksheet (Fitness Lesson 1 Exit Assessment).



1-Minute Fitness Challenges

CHALLENGE PROGRESSIONS

- ✔ Have students set a goal for exercise repetitions before beginning each challenge.

MODIFICATIONS

- ✔ Perform challenges one at a time as a class. Shorten the duration to 30 seconds if necessary.

ACADEMIC LANGUAGE

Circuit Training, Dynamic Stretching, Static Stretching, Fitness, Health-Related Fitness, Body Composition, Cardiorespiratory Endurance, Flexibility, Muscular Endurance, Muscular Strength

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [E14.3-4]** Throws overarm, demonstrating three of the five critical elements of a mature pattern, in non-dynamic environments, for distance and/or force. (3); Throws overarm using a mature pattern in non-dynamic environments. (4a) Throws overarm to a partner or at a target with accuracy at a reasonable distance (4b).
- ✔ **Standard 1 [E27.3]** Performs intermediate jump-rope skills (e.g., a variety of tricks, running in/out of long rope) for both long and short ropes (3).
- ✔ **Standard 3 [E2.3-5]** Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).
- ✔ **Standard 3 [E5.5]** Designs a fitness plan to address ways to use physical activity (5b).
- ✔ **Standard 4 [E4.3-5]** Works cooperatively with others (3a); Praises others for their success in movement performance (3b); Praises the movement performance of others both more- and less-skilled (4a); Accepts “players” of all skill levels into the physical activity (4b); Accepts, recognizes and actively involves others with both higher and lower skill abilities into physical activities and group projects (5).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What is health-related fitness?
- ✔ **DOK 1:** What are the components of health-related fitness?
- ✔ **DOK 2:** How does each component affect the way that you feel?
- ✔ **DOK 3:** What facts can you give to support the importance of health-related fitness?
- ✔ **DOK 4:** Using the information that you know about your own health-related fitness. Complete Column A on your fitness plan worksheet in order to set a goal for the PACER Test, push-ups, and curl-ups.

TEACHING STRATEGY FOCUS

Organize students to interact with content: 1-Minute Fitness Challenges are designed to allow students to experience the components of fitness through physical activity/exercise. Use this instructional organization to connect fitness concepts to student performance, making specific references to the physiological responses the students are experiencing.