

## Health-Related Fitness Challenges

### STUDENT TARGETS

- ✔ **Skill:** I will accurately perform each fitness challenge.
- ✔ **Cognitive:** I will identify at least 3 activities that enhance fitness.
- ✔ **Fitness:** I will identify the components of health-related fitness.
- ✔ **Personal & Social Responsibility:** I will follow class rules and etiquette in order to help create a positive activity environment.

### 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

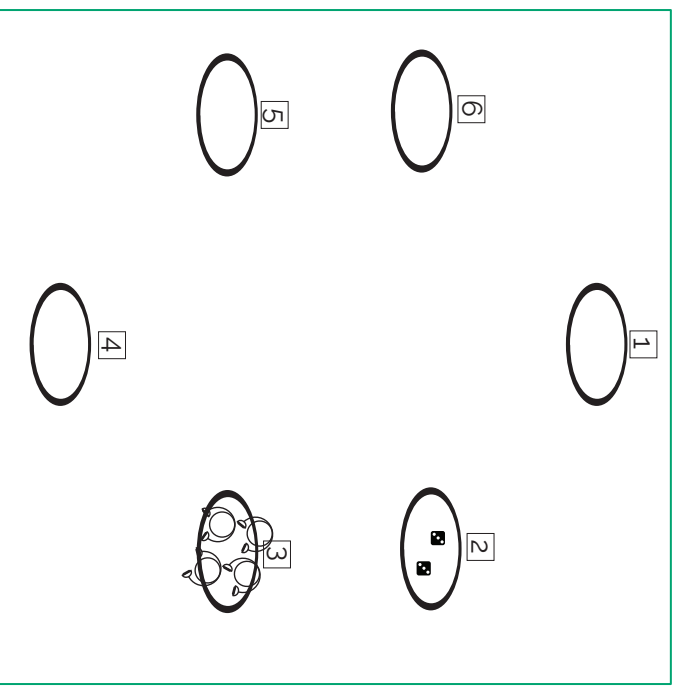
### ACTIVITY SET-UP & PROCEDURE

#### Equipment:

- ✔ 6 hula-hoops
- ✔ 6 Fitness Station Cards
- ✔ 1 Health-Related Fitness Challenge Card per group
- ✔ 4-6 exercise bands
- ✔ 1 [MyPlate Coloring Sheet](#) per student
- ✔ 2 pencils per station

#### Set-Up:

1. Create a large circle or grid with hula-hoops identifying each station. Number stations 1-6 using Fitness Station Cards.
2. Place station cards and pencils inside hoops.
3. Create groups of 4-6 students. Send each group to a different station to begin the rotation.



#### Activity Procedures:

1. Today we're going to complete a series of Health-Related Fitness Challenges by working in stations and then rotating after 3 minutes.
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.
3. I will be at Station 6 helping with your individual assessment.

#### Grade Level Progression:

- 3<sup>rd</sup>: Provide detailed instruction for each station and post discussion questions at Station 12. This will allow you to circulate and supervise all stations.
- 4<sup>th</sup>: Provide a brief overview of each station and observe student performance as an assessment of reading and content comprehension.
- 5<sup>th</sup>: Give students 1-minute to read and review the challenge card, then check for understanding.



### Health-Related Fitness Challenges

#### CHALLENGE PROGRESSIONS

- ✔ Provide blank challenge cards to small groups of students. Allow them to generate their own exercises and activities to build different components of fitness. Save the cards for use throughout the year.

#### MODIFICATIONS

- ✔ Complete each activity as a group. Everyone follows the same cues and moves together.

#### ACADEMIC LANGUAGE

Active Lifestyle, Circuit Training, Fitness, Health-Related Fitness, Body Composition, Cardiorespiratory Endurance, Flexibility, Muscular Endurance, Muscular Strength, Skill-Related Fitness

#### STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 3 [E5.3]** Demonstrates, with teacher direction, the health-related fitness components (3).
- ✔ **Standard 3 [E3.3-5]** Describes the concept of fitness and provides examples of physical activity to enhance fitness (3); Identifies the components of health-related fitness (4); Differentiates between skill-related and health-related fitness (5).
- ✔ **Standard 4 [E5.3-5]** Recognizes the role of rules and etiquette in physical activity with peers (3), Exhibits etiquette and adherence to rules in a variety of physical activities (4); Critiques the etiquette involved in rules of various game activities (5).
- ✔ **Standard 5 [E1.3-5]** Discusses the relationship between physical activity and good health (3); Examines the health benefits of participating in physical activity (4); Compares the health benefits of participating in selected physical activities (5).

#### DEBRIEF QUESTIONS

- ✔ **DOK 1:** What are the components of health-related fitness?
- ✔ **DOK 2:** What physical activities can you do to enhance the components of health-related fitness?
- ✔ **DOK 3:** Can you elaborate on the reasons why the activities you selected enhance specific components of health-related fitness?
- ✔ **DOK 3:** How is nutrition related to body composition? Provide facts and evidence that support you answer.
- ✔ *If students have not yet done so, complete the Nutrition section of the Physical Education Fitness Portfolio.*

#### TEACHING STRATEGY FOCUS

**Organize students to interact with content:** The instructional format used in OPEN's Fitness Challenges facilitates shared student experience and cooperative learning. It also provides teachers individualized instructional time. Both teacher and students are provided structure to help maximize teaching and learning.