



Skill-Related Fitness Challenges

STUDENT TARGETS

- ✔ **Skill:** I will accurately perform each skill challenge.
- ✔ **Cognitive:** I will identify at least 3 activities that enhance skill-related fitness.
- ✔ **Fitness:** I will identify the components of skill-related fitness.
- ✔ **Personal & Social Responsibility:** I will work safely with my peers in order to complete each skill challenge.

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

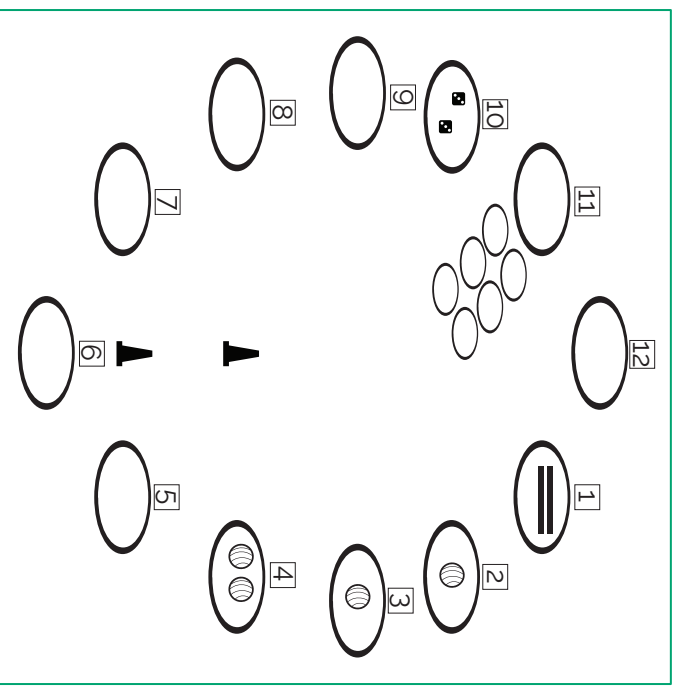
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✔ 1 Skill-Related Fitness Challenge Card per group
- ✔ See Challenge Cards for equipment requirements
- ✔ Fitness Station Cards
- ✔ 12 hula hoops
- ✔ 2 pencils per station

Set-Up:

1. Create a large circle or grid with Fitness Station Cards numbering and identifying each station.
2. Place pencils next to station cards. Set up equipment according to each station on the Fitness Challenge Card.
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 Skill-Related Fitness Challenges by working in stations and then rotating after 3 minutes.
2. Look at the station number where you are starting. Be sure to start with the same number on your challenge card (teachers provide an example). Write down the correct component of skill-related fitness next to each activity.
3. I will be at Station 12 helping with your individual assessment.

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 observe student performance as an assessment of reading and content comprehension.
- 5th: Give students 1 minute to read and review the challenge card, then check for understanding.



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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

Circuit Training, Warm-Up, Cool-Down, Skill-Related Fitness, Agility, Balance, Coordination, Power, Reaction Time, Speed

STANDARDS & OUTCOMES ADDRESSED

- ✔ **Standard 1 [E13.3&5]** Throws underhand to a partner or target with reasonable accuracy (3); Throws (underhand and overarm) using a mature pattern in non-dynamic environments, with different sizes and types of objects (5a); Throws (both underhand and overarm) to a large target with accuracy (5b).
- ✔ **Standard 2 [E1. 3-4]** Recognizes the concept of open spaces in a movement context (3); Applies the concept of open spaces to combination skills involving traveling (e.g., dribbling and traveling) (4a); Applies the concept of closing spaces in small-sided practice tasks (4b); Dribbles in general space with changes in direction and speed (4c).
- ✔ **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 [E6.3-5]** Works independently and safely in physical activity settings (3); Works safely with peers and equipment in physical activity settings (4); Applies safety principles with age-appropriate physical activities (5).

DEBRIEF QUESTIONS

- ✔ **DOK 1:** What are the components of skill-related fitness?
- ✔ **DOK 2:** What physical activities can you do to enhance the components of skill-related fitness?
- ✔ **DOK 3:** Can you elaborate on the reasons why the activities you selected enhance specific components of skill-related fitness?
- ✔ **DOK 3:** How is skill-related fitness related to your overall wellbeing?
- ✔ *Complete the Fitness 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.