

Physical Education 1 – High School

Day 1

Standards	Standard 3: The physically literate individual achieves and maintains a health enhancing level of physical activity and fitness. HS-3.1: Monitor his or her own participation in physical activity with a physical activity log.
Learning Targets/I Can Statements	I can implement a long-term physical fitness plan to improve or maintain health-related physical fitness based on FITT (frequency, intensity, type, time) training principles.
Essential Question(s)	Do I exercise enough to improve my health?
Resources	Fitness Log
Learning Activities or Experiences	<p>The student will create and participate in their own individualized fitness plan.</p> <p>The workout will include the following fitness components:</p> <ul style="list-style-type: none">• 20 minutes Cardiovascular – examples: dance, walking, jogging, biking, steps, treadmill, elliptical• 20 minutes Muscular endurance – examples: plank, push-up, curl-up, wall sits, tricep dips, squats, lunges• 10 minutes Flexibility – examples: stretching, yoga, pilates• Pre and post heart rate

Home Fitness Log

Name _____ School _____

Teacher _____ Date _____

What is your resting heart rate before the activities? _____

Activity #1 - FLEXIBILITY -5 Minutes

Participate and explain the activities you performed.

What is your heart rate after this activity? _____

Activity #2 - MUSCULAR ENDURANCE -20 Minutes.

List the activities and count the reps of each.

What is your heart rate after this activity? _____

Activity #3 - CARDIOVASCULAR ENDURANCE -20 Consecutive Minutes

Participate and explain the activity performed.

What is your heart rate after this activity? _____

Activity #1 - FLEXIBILITY -5 Minutes

Participate and explain the activities you performed.

What is your heart rate after this activity? _____

What is your heart rate at the conclusion of your workout? _____

SIGNATURE OF ADULT IN CHARGE _____

PHONE NUMBER _____

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Day 2

Standards	Standard 2- HS- 2.1, 2.2 Standard 4- HS- 4.2
Learning Targets/I Can Statements	I can create my own game using parts of games I already know. I can create the rules for the game using parts of games I already know.
Essential Question(s)	What sports can I incorporate into games? What are the components of each game we can use to put them together?
Resources	Computer, internet for research if necessary, paper if no computer
Learning Activities or Experiences	<p style="text-align: center;">Invent Your Own Game</p> <p>Invent and design any game that you want. It can be a brand new game or a combination of 2 or more games. The only limitation is that it must be something that we can play on campus (i.e. no water polo or kayaking) with the equipment we currently have. Be sure to be creative in developing your game and detailed in your description of how to play</p> <p>Scoring Rubric</p> <ol style="list-style-type: none">1. Name of Game (15 points)2. All Equipment needed including playing area (softball/ soccer field, gym, trail) (15 points)3. Number of People on each Team (5 points)4. Rules-How to Play. This needs to be written as if you were explaining it to a group of 5th graders playing it for the first time (30 points)5. Scoring—what will be considered a score and how much will each score be worth? Also include how the game will re-start after each score. (ex. Basketball –the ball is taken out of bounds under the basket and play continues. Soccer—play stops and the ball is returned to midfield and re-started) (25 points).6. How long will each game last? (ex. --1 big game with 10 minute halves or mini games lasting 6 minutes each) (10 points)

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Day 3

Standards	Standard 1 HS-1.2 Standard 2 HS- 2.1 Standard 3- HS- 3.2																								
Learning Targets/I Can Statements	I can perform the fitness components. I can incorporate fitness into my daily life while watching tv.																								
Essential Question(s)	What are the fitness activities? How many times can I work through the fitness activities during the show I am watching?																								
Resources	Tv, internet, chart to record																								
Learning Activities or Experiences	<ol style="list-style-type: none"> 1. Pick your favorite TV show and turn it on. 2. During each commercial break, complete 1 of the following fitness activities for each advertisement. Ex- 1st Advertisement is Colgate Toothpaste commercial, do sit ups during the entire advertisement. 2nd Advertisement is Dog Food commercial, do jumping jacks. 3. Continue to consecutively do the fitness activities during the commercial break. 4. Once your show comes back on, take a break. 5. Work your way through the fitness activities and repeat them at each commercial break <p>** If you are streaming a show, set a timer for 10 minute increments. Pause the show when the timer goes off and complete the list of fitness activities for the designated times/reps. Then go back to watching your show. Repeat setting the timer and doing the fitness activities throughout the entire show you are watching.</p> <table border="1" data-bbox="467 1434 1414 1734"> <thead> <tr> <th>Fitness Activity</th> <th>Reps (if streaming)</th> <th>Number of times you completed it</th> </tr> </thead> <tbody> <tr> <td>Sit-ups</td> <td>25</td> <td></td> </tr> <tr> <td>Push-ups</td> <td>10</td> <td></td> </tr> <tr> <td>Jumping Jacks</td> <td>15</td> <td></td> </tr> <tr> <td>Plank</td> <td>30 seconds</td> <td></td> </tr> <tr> <td>Lunges</td> <td>10 each leg</td> <td></td> </tr> <tr> <td>Squats</td> <td>15</td> <td></td> </tr> <tr> <td>Tricep Dips</td> <td>15</td> <td></td> </tr> </tbody> </table>	Fitness Activity	Reps (if streaming)	Number of times you completed it	Sit-ups	25		Push-ups	10		Jumping Jacks	15		Plank	30 seconds		Lunges	10 each leg		Squats	15		Tricep Dips	15	
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Day 4

Standards	Standard 2 HS 2.1 Standard 5
Learning Targets/I Can Statements	I can find a current event related to sports and/or fitness on a credible internet site. I can summarize the article. I can write a reaction paragraph to the article.
Essential Question(s)	Where can I find articles on nutrition, fitness, or sports?
Resources	Internet access
Learning Activities or Experiences	<ul style="list-style-type: none">• Students are required to complete a current event assignment related to any of the following topics:<ul style="list-style-type: none">-Nutrition-Personal fitness-Sportsmanship-Sports in general-Any current general event taking place in sports today.• Students will:<ul style="list-style-type: none">a. Find a current event on a credible internet site.b. The current event must be related to sports and/or fitness.c. The article must have been written in the last three months.• A summary and reaction should accompany the article:<ul style="list-style-type: none">a. In your own words, you will write a summary explaining what information the article contains. It should be written so the reader does not have to read the article to find out what it is about.b. In your own words, you will write a reaction paragraph to the article. Please note anything that intrigues you, strikes you as peculiar or interesting, or that you agree/disagree with, etc.• The website link must be on the bottom of the paper.

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Day 5

Standards	Standard 2 HS-2.1 Standard 3 HS-3.2 Standard 5
Learning Targets/I Can Statements	I can research a physical activity/sport using the internet.
Essential Question(s)	What are rules of the activity selected? Where in the community can the activity be played?
Resources	Internet access
Learning Activities or Experiences	<p>Directions</p> <ol style="list-style-type: none"> 1. Choose a physical activity (sport, game, etc.) and research it using the internet. 2. You are responsible for answering all questions regarding the activity you choose using the internet. 3. Include the internet address and name for each web site you use. <p>Activity</p> <ul style="list-style-type: none"> • What are five (5) fundamental rules of your selected activity? • Examine two (2) countries where your chosen activity is currently played. You must include types of leagues (professional, college, high school, etc.) and who participates (males, females, age groups, level of participation) for each country. Make sure you include the web site(s) name and address where you found the information. • If you were going to explain to someone how to get involved in this activity, what would you tell them? You must include: equipment, prices, how to train for the activity, and where in the community the activity can be played. Make sure you include the web site(s) name and address where you found the information.