



Unit Map 2012-2013

The American Embassy School

Collaboration / COETAIL* (WOW) / Middle School (Middle School)

Sunday, April 28, 2013, 11:14AM



Unit: Nisha Sethi-Designing a Physical Fitness Routine (Week 23, 5 Weeks)



Stage 1: Desired Results

Summary

Designing a Physical Fitness Routine plan

Students will engage in performing four different components of fitness viz muscular endurance, flexibility, cardiovascular and muscular strength as it's introduced and demonstrated in class. They will create their own fitness routine and post their key parameters on their blogs. They will use kinesthetic learning to analyze their fitness levels, the right postures and overall effect on their body and stamina.

Standards & Benchmarks

Educational Technology (2007), All Grades, NETS.S: The Next Generation

1. Creativity and Innovation

Students demonstrate creative thinking, construct knowledge, and develop innovative products and processes using technology. Students:

- c.. use models and simulations to explore complex systems and issues.
- d. identify trends and forecast possibilities.

2. Communication and Collaboration

Students use digital media and environments to communicate and work collaboratively, including at a distance, to support individual learning and contribute to the learning of others. Students:

- a. interact, collaborate, and publish with peers, experts or others employing a variety of digital environments and media.
- b. communicate information and ideas effectively to multiple audiences using a variety of media and formats

6. Technology Operations and Concepts

Students demonstrate a sound understanding of technology concepts, systems and operations. Students:

- a. understand and use technology systems.
- b. select and use applications effectively and productively.

Physical Education, Grade 6-8, Physical Education

2. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- 2.1.a Use proper warm-up, conditioning, and cool-down techniques
- 2.4 Describe basic principles of training and how they improve fitness

3. Participate regularly in physical activity.

- 3.1 Participate in health enhancing physical activities
- 3.2 Set realistic physical activity goals and strives to attain them

4. Achieve and maintain a health-enhancing level of physical fitness.

- 4.1 Participate in activities designed to improve or maintain muscular strength and endurance, flexibility, and cardio endurance

Enduring Understandings

Students will understand

- the importance of fitness as a long term goal to stay healthy, mentally and physically.
- the dynamics of the four essential components of fitness relevant to their age and body.
- how to relate the four components to their overall fitness level.
- the significant role that digital tools like ipads, apps, online docs play in observation , recording and analysis.
- the need to cooperate and collaborate in partners and with the class as a whole, during their routine workouts to correct each other's form.
- how to establish a fitness plan and implement it.

Essential Questions

ESSENTIAL QUESTIONS:

- What is physical fitness and its four components?
- Why is regular fitness regime so important ?
- How it affects our lives in the long run?
- Is there any one component more important than another?
- How will be able to monitor our progress during and at the end of the fitness plan ?
- How can technology be integrated while structuring the fitness regime?
- How can working in groups help in cross-analysis and feedback?

How do low fitness levels affect you, people you know, in the world?

What makes an athlete an athlete?

How is fitness significant to my life and personal goals?

Why do people train differently?

How often should you exercise to maintain fitness ?

What does it mean to be fit for me?

How do you challenge yourself today?

What effort you made today to improve your fitness

<p>Knowledge Content</p> <p>Student will know :</p> <ul style="list-style-type: none"> ▪ their personal level of fitness with each component. ▪ the proper technique, safety and physical activity guidelines corresponding to each type. ▪ the definition,utility and benefit of each component. ▪ how to perform and properly demonstrate a test for each of the four components of fitness. ▪ what their target heart rates are and how to use this information when setting goals in the area of cardiovascular fitness. ▪ how to self - assess needs for fitness,create a fitness plan and make necessary changes timely to suit new needs. 	<p>What fitness will you do tomorrow to continue your fitness.</p> <p>Skills</p> <p><u>Fitness Skills:</u></p> <p>Students will be able to:</p> <ol style="list-style-type: none"> 1. perform sit ups,push ups, leg lifts with proper detail and finesse. 2. incorporate each component into a fitness workout. 3. demonstrate and measure parameters of each component of their fitness plan. 4. enhance game skills through increased stamina and flexibility. 5. recognize the components in class activities, workouts, and daily lives. <p><u>Technological Skills</u></p> <p>Students will be able to:</p> <ul style="list-style-type: none"> ▪ Familiarize with new apps on Ipads ▪ Accurately record information using heart rate app on Google docs ▪ Capture pictures and videos of performance ▪ Upload videos on YouTube for review ▪ Post reflections on blogs with embedded videos ▪ Explore more technologies to learn new skills and to self-evaluate
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Stage 2: Assessment Evidence

<p><u>Assessment</u></p> <p>Summative: Performance Assessment</p> <p>Set up rubric to assess different areas of fitness Muscular strength, endurance, flexibility, cardiovascular:</p> <p>Summative: Visual Assessment</p> <p>Summative: Visual Assessment Partner students to observe, analyze and correct their partners,if needed.</p> <p>Summative: Personal Project</p> <p>Personal Project Will encourage students to take part in</p> <ol style="list-style-type: none"> 1. After school activities to improve skill and experience the fun in doing sports outside the classroom. 2. Creating their own fitness plan suiting their personal needs and routine <p>Formative: Portfolio</p> <p>Fitness logs and reflection</p>
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Stage 3: Learning Plan

Instructional strategies + learning experiences

The first thing I need to get across to them is the reason WHY we have stressed so much on maintaining overall fitness. They will be taught how different sets of exercises will affect different set of muscles and how it will help them in the particular sports they engage in.

Physical fitness will be incorporated during every 85 minute block class making sure that students find fun in it too, whether they are being taught lifetime sports, team games , team building activities, or preps for tournaments.

Showing videos of ideal postures of push ups, sit ups, leg lifts etc in the gym for everyone to see and analyze. They will then be asked to record their own videos and their peer's on Ipad for self and cross analysis. This will be uploaded through the Portfolio app.

They will be reporting their heart rate on the heart rate sheets via google docs after recording it through the app. We will monitor their progress and components of improvements and give feedback individually.

Resources

Ipad

Different app for PE using Ipad(Heart rate, slowpro app ,portfolio app, iMuscle, Showme,Coach my Video)

You tube

Projector in Gym

Blogs

Google docs

Unit Reflections

Gauge the four components of fitness.Discuss the difference between them.

Identify different activities and sports that improve each type of fitness.

Absorb the fact that as athletes need high level of physical fitness to excel in their sports, they must achieve fitness before gaining expertise in that sport so that can sustain longer in it

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Last Updated: Sunday, April 28, 2013, 11:14AM