**Conyers Middle School**

**Lesson Plan: Fitness Gram**

**“Learning and Growing Together”**

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| **Standards/Elements** | PE 4: Achieves and maintains a health enhancing level of physical fitness. PE 2: Demonstrates understanding in movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. HE1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. |
| **Essential Questions** | 1. Why is it important to breathe correctly while engaging in a Fitness Run? 2. How can knowing the FITT principle help you throughout life? 3. Why is safety so important during Fitness Fun Friday?  |
| **Enduring Understandings** | 1. Students will understand and be able to provide examples for the FITT Principle.2. Students will know and understand the 5 components of fitness.6th(Flexibility) 7th (cardiorespiratory endurance) 8th (muscular strength and endurance)3. Students will demonstrate and understand how to pace themselves during their Fitness run and they will do their personal best. |
| **Essential Vocabulary** | Fitness Run: Cadence, oxygen, cardio respiratory endurance, carbon dioxideFitness components: Flexibility, cardiorespiratory endurance, body composition, muscular strength and endurance, F.I.T.T.FITNESS FUN FRIDAY: Bowling, basketball, DDR, ping pong, cup stacking, putt-putt, jump-rope, volleyball |
| **Learning Format- Highlight All That Apply****Whole Group****Cooperative GroupFlexible GroupCollaborative PairCenters/Stations****Other (Please list):**  | **Technology Usage****Teacher: Power-point, (DDR) Dance Dance Revolution** **Student: (DDR) Dance Dance Revolution** | **Assessment- Highlight All That Apply****Student ConferencingPerformance TaskProjectClass PresentationTestQuizHomeworkTicket Out The Door CPS Response****Other (Please list):** |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Warm-Up/Hook** | EQ: | EQ: | EQ: | EQ: | EQ: |
| **Resource Materials** | **Yes** | Yes | **Yes** | Yes | Yes |
| **Instructional Activities/Strategies** | Yes | Yes | Yes | Yes | Yes |
| **Differentiation** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** |
| **Accommodations**  | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** |
| **Co-teaching Model** | **Yes** | **Yes** | **Yes** | **Yes** | **Yes** |