

Guiding Objectives	
Focus Physical Education Standards:	4.2 List and define the components of health related fitness.
Common Core State Standards:	<p>RI.1. Ask and answer questions to demonstrate understanding of a text, referring explicitly to the text as the basis for the answers.</p> <p>RI.4. Determine the meaning of general academic and domain-specific words, phrases in a text relevant to a grade 3 topic or subject area.</p> <p>SL.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups and teacher-led) with diverse partners on grade 3 topics and texts, building others' ideas and expressing their own clearly.</p>
Student Learning Objectives:	<p>Students will be able to:</p> <ol style="list-style-type: none"> 1. List and define the components of fitness 2. Complete a fitness workout representing each of the 5 components of fitness.
Instruction	
Warm-Up:	<p>Student-Led Warm-Up: Call up some students to lead the warm-up. Write a list of dynamic exercises on a whiteboard for student leaders to follow. Each leader gets to call out one exercise. All student leaders count the odd numbers and all other students count the even numbers to 20.</p> <p>Examples of dynamic exercises: Jumping jacks, high knees, butt kickers, jog in place, mountain climbers)</p>
Anticipatory Set:	<p>What: By the end of this lesson, you should be able to name all the components of fitness. You should also start to understand the definition of each component of fitness and some exercises that correlate to each component.</p> <p>Why: It is important to know the components of fitness so that you are able to improve your personal fitness. When you understand the components of fitness you can create a well-rounded workout routine that includes all fitness components to ensure your body is healthy and fit.</p> <p>How: You will know you have learned the content when you are able to list and define all the components of fitness.</p> <p>Tie to previous experience: Raise your hand if you play a sport or train</p>

	<p>for any physical activities outside of school. Have you ever wanted to know how to make your muscles stronger or be able to last longer in your specific sport or activity? What about just wanting to be more fit or flexible? Today you will be learning the components of fitness that will help you to do just that.</p>
<p>Instructional Input/ Sequencing:</p>	<ul style="list-style-type: none"> • Students will get into groups of five. Each student in the group will get a component of fitness vocab card, with the definition of that component. • Students will take a few seconds to read their definition. Then everyone in the group will take turns reading their definition to the group and as a group students will jot down questions they may have about the definition and talk about what they already know about the components. • Teacher will give time for students to have their discussions about 5 minutes. Then class will discuss. • Teacher will go through each component. Choose a student to read the definition and call on a few students to get questions or comments related to the component. • Next, students will complete a component of fitness workout with their group. • Each workout will have the components of fitness, the definition and exercises or an activity to complete. • Groups will work through the workout plan at their own pace. Each component will have a list of exercises and amount of reps to complete before moving on to the next component. • Components of fitness workout: <ol style="list-style-type: none"> 1. Muscular Strength- Pull-ups, Push-ups, Monkey bars, wall sits, Planks, V-sits 2. Muscular Endurance- Curl-ups, Squats, Calf raises, Modified push-ups, Lunges 3. Body Composition- Students will read an article with their group and then complete the “Activities to improve body composition worksheet” (students will have a list of activities that they will decide whether they would improve body composition or not as a group.) 4. Cardiovascular Endurance- PACER, Dance, or other activity to keep students moving and heart rate up for extended time 5. Flexibility- Butterfly stretch, hamstring stretch, Quadriceps stretch, Shoulder stretch, tricep stretch Yoga poses • Components of Fitness Definitions: <ol style="list-style-type: none"> 1. Muscular Strength- The maximum force and muscle can produce in a single effort.

	<ol style="list-style-type: none"> 2. Muscular Endurance- The ability of the muscle to continue to contract without fatigue. 3. Body Composition- The proportion of fat, muscle and bone in the body. 4. Cardiovascular Endurance- The ability of the heart and lungs to supply oxygen to the muscles during physical activity to be able to last a long time. 5. Flexibility- The ability of your joints to move in a full range of motion. <ul style="list-style-type: none"> • Can give another day to complete the workout plans if needed. <p>Body composition website: https://sites.google.com/site/naspestandard62010/home/components-of-fitness/body-composition</p>
<p>Strategies for Differentiation:</p>	<ul style="list-style-type: none"> • Can pre-group students so they are working in effective groups based on behavior or individual student needs • Definitions for all components on cards, whiteboards, on workout sheet. • Other useful vocabulary posted • Students who finish the workout plan early can brainstorm other types of exercises or activities that would fit with the components of fitness and list/complete those exercises.
<p>Guided Practice:</p>	<ul style="list-style-type: none"> • Teacher is monitoring while students complete component of fitness worksheet and guiding conversations and activity • Teacher is monitoring and guiding the use of academic language (using the correct language for components and definitions while moving through the lesson)
<p>Formative Assessment:</p>	<ul style="list-style-type: none"> • Students will write the definition and match it to the correct component of fitness. <p>Choose a following way for students to show learning:</p> <ul style="list-style-type: none"> - Chalk definitions on the ground - Post-its on a poster board or butcher paper - Mini whiteboards in groups to be held up - 3x5 exit slips to be turned in
<p>Application:</p>	<ul style="list-style-type: none"> • Students will begin learning the types of activities or exercises that correlate with each of the components of fitness.

Closure:	<ul style="list-style-type: none"> • Students will use one of the methods in the formative assessment box to show learning. They will write the definition for each component of fitness. • Quick class discussion on the lesson and listing and defining the components as a group.
Outcomes	
Evidence of Student Learning:	<ul style="list-style-type: none"> • The formative assessment will show evidence of student learning. If students are able to list and define the components of fitness.
Follow-Up	
Re-Teaching Strategies:	<ul style="list-style-type: none"> • Teacher will list terms and definitions of components of fitness when activities in future lessons are aligned with those components. Example: A fitness circuit with strength activities will have the component and definition posted on the station card.
Notes for Next Time:	