

STUDENT DESIGNED WORKOUTS

Countdown Workout



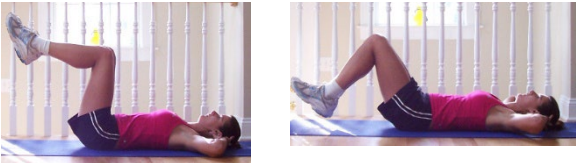


Students







Directions:

- Class is divided into two groups.
- Each groups starts on opposite ends of the gym.
- On signal 'GO,' students complete 7 of the first exercise.
- Upon complete 7 reps, students run to center orange line and completes 7 of the 2nd exercise.
- Students return run back to starting line and complete 6 reps of 1st exercise.
- Students return to center orange line and complete 6 reps of the 2nd exercise.
- Continue pattern until they have finished 1 of each exercise and are at the center orange line.

Students

AB Crunch Progression

Beginner Level	
Name	Description
Plank 	<p>Level 1 - Elbow/Knee</p> <p>Level 2 – Elbow/Toe</p> <p>Level 3 – Hand/Knee</p> <p>Level 4 – Hand/Toe</p> <p>Level 5 – Hand on floor/Shins on stability ball</p> <p>Level 6 – Elbow Circles on stability Ball/Toes on floor</p>
Crunches 	<p>Lie on your back with your hands crossed across your chest or with your fingers on the sides of your head. Place your feet on the floor with legs bent. To begin the exercise, lift your torso, lifting shoulder blades off the floor and crunching your rib cage towards your lower belly. Hold for two counts, then lower slowly to the starting position. Repeat.</p>
Reverse Crunches 	<p>Lie on your back with knees bent, feet a few inches off the floor. Slowly contract the abdominals, focusing on rotating the pelvis up and bringing your knees towards your rib cage. Concentrate on letting your abs do the work. Hold at the top then slowly lower your knees to the starting position. Repeat.</p>
Oblique Crossover Crunches 	<p>Lie on your back with knees bent, hands behind your head. Keeping lower back pressed into the floor, lift your shoulder blades off the floor and then curl your upper body diagonally across your body towards your right knee. Contract your abs and obliques as hard as you can at the top of the movement. Lower back down and repeat on the same side before switching sides.</p>
Dead Bug 	<p>Begin by lying on back, knees up and bent at 90 degrees. Take the arms straight up overhead and hold this position for a moment, making sure abs are in tight and your back isn't arching off the floor (if it is, lower the feet to the ground for this exercise). Slowly lower the right arm and left leg towards the floor while keeping the lower back on the floor. Bring them back up and lower the left arm and right leg</p>

		to the floor. Continue lowering opposite arm and leg for a total of 10 reps.
Superhumans		Begin on hands and knees, hand directly under shoulders, knees under hips and back straight, abs tight. Slowly raise right arm and left leg up until level with the body, holding your balance and keeping torso tight. Lower back down and repeat with the left arm and right leg. Take your time--this exercise will challenge your balance!
Intermediate Level		
	Name	Description
Bicycle		Lie on the floor and lace your fingers behind your head, knees into the chest. Lift the shoulder blades off the floor and straighten the left leg out while simultaneously turning the upper body, taking the left elbow towards the right knee. Switch sides, bringing the right elbow towards the left knee. Continue alternating sides in a 'pedaling' motion for 16 reps (1 rep is to the right and left).
Vertical Crunch		Lie on the floor and extend the legs straight up with knees crossed. Place your hands behind the head for support and contract the abs to lift the shoulder blades off the floor, as though reaching your chest towards your feet. Lower and repeat for 16 reps.
Long Arm Crunch		Lie on a mat and extend the arms straight out behind the head with hands clasped, keeping the arms next to the ears. Contract the abs and lift the shoulder blades off the floor, keeping the arms straight. Lower and repeat for 16 reps.
Ball Crunch		Lie with the ball resting under the mid/lower back and place hands behind the head or across the chest. Contract your abs to lift your the torso off the ball, pulling the bottom of your ribcage down toward your hips. Lower and repeat for 16 reps.
Ab Roll		Kneel in front of the ball and place your hands on the ball parallel to one another. Roll the ball out keeping the hips straight and back straight. Roll out until you feel the abs engage (don't arch or strain the back) and push into the ball to roll back in. Repeat for 16 reps.

Fitness Spelling

A – 25 Jumping Jacks

B – 20 crunches

C – 20 squats

D – 15 Push ups

E – 15 Mountain Climbers

F – 10 Plank Jacks

G – 30 count wall sit

H – 20 oblique crunches

I – 15 Rocket Blasters

J – 15 wide arm push ups

K – 30 second Wall Sit

L – 15 plank leg raises

M – 25 seal jacks

N – 20 waves

O – 15 side squats

P – 20 Seal Jacks

Q – 5 squats

R – 15 Walking Planks

S – 10 Offset Hand Push Ups

T – 20 Reverse Crunches

U – 30 count wall sit

V – 15 plank downs

W – 30 count plank

X – 15 cross crawls

Y – 30 crunches

Z – 2 push ups

What is today's mystery word?

D R I Y A F

FRIDAY!!!!!!

Fitness Spelling

Complete the following until you spell the assigned word or phrase.

A – 25 Jumping Jacks

B – 20 crunches

C – 20 squats

D – 15 Push ups

E – 15 Mountain Climbers

F – 10 Plank Jacks

G – 30 count wall sit

H – 20 oblique crunches

I – 15 Rocket Blasters

J – 15 wide arm push ups

K – 30 second Wall Sit

L – 15 plank leg raises

M – 25 seal jacks

N – 20 waves

O – 15 side squats

P – 20 Seal Jacks

Q – 5 squats

R – 15 Walking Planks

S – 10 Offset Hand Push Ups

T – 20 Reverse Crunches

U – 30 count wall sit

V – 15 plank downs

W – 30 count plank

X – 15 cross crawls

Y – 30 crunches

Z – 2 push ups

Halloween Themed

- C- 20 Squats
- A- 25 Jumping Jacks
- N- 20 Waves
- D- 15 Push ups
- Y- 30 Crunches



[This Photo](#)

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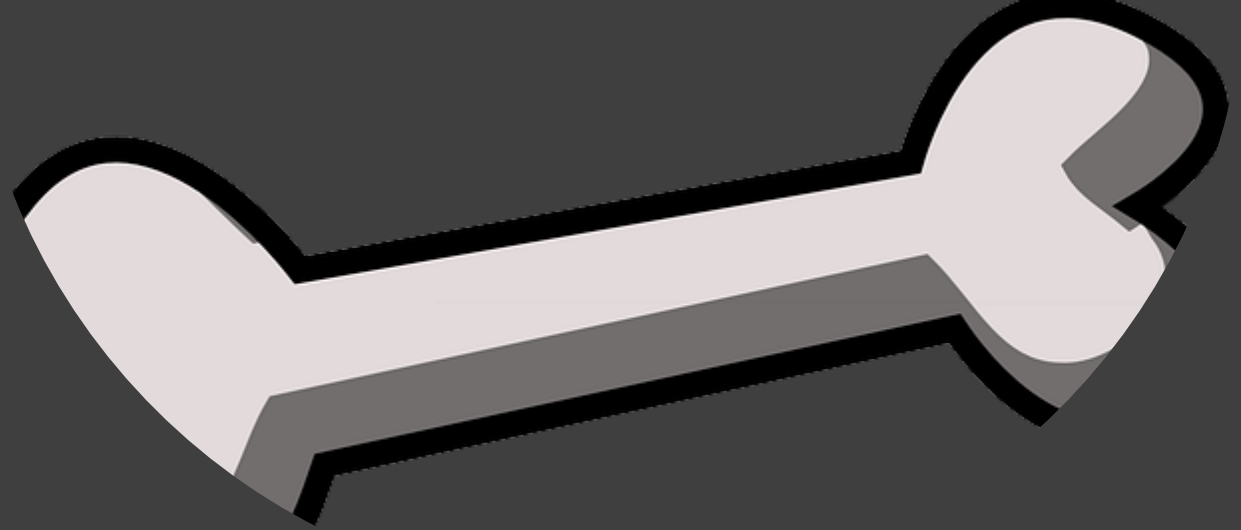
W. I. T. C. H.

- W- 30 SECOND PLANK HOLD
- I- 15 ROCKET BLASTERS
- T- 20 REVERSE CRUNCHES
- C- 20 SQUATS
- H- 20 OBLIQUE CRUNCHES



B. O. N. E. S.

- B—20 CRUNCHES
- O—15 SIDE SQUATS
- N—20 WAVES
- E—15 MOUNTAIN CLIMBERS
- S—10 OFFSET PUSH UPS





Z. O. M. B. I. E. S.

- Z—2 PUSH UPS
- O—15 SIDE SQUATS
- M—25 SEAL JACKS
- B—20 CRUNCHES
- I—15 ROCKET BLASTERS
- E—15 MOUNTAIN CLIMBERS
- S—10 OFFSET PUSH UPS

Fitness Spelling

Do the following to until you spell the assigned word or phrase.

A – 25 Jumping Jacks

B – 20 crunches

C – 20 squats

D – 15 Push ups

E – 15 Mountain Climbers

F – 10 Plank Jacks

G – 30 count wall sit

H – 20 oblique crunches

I – 15 Rocket Blasters

J – 15 wide arm push ups

K – 30 second Wall Sit

L – 15 plank leg raises

M – 25 seal jacks

N – 20 waves

O – 15 side squats

P – 20 Seal Jacks

Q – 5 squats

R – 15 Walking Planks

S – 10 Offset Hand Push Ups

T – 20 Reverse Crunches

U – 30 count wall sit

V – 15 plank downs

W – 30 count plank

X – 15 cross crawls

Y – 30 crunches

Z – 2 push ups

Fitness Spelling Workout

Directions: Your group must create a workout using the FITNESS Spelling Exercise list. Come up with a 6 to 8-letter word and complete the workout with as a group. Record the exercises that make up your workout.

Group Members		Period/Day
Letter	Exercise	

Fitness Spelling

A – 25 Jumping Jacks

B – 20 crunches

C – 20 squats

D – 15 Push ups

E – 15 Mountain Climbers

F – 10 Plank Jumps

G – 30 count wall sit

H – 20 oblique crunches

I – 15 Rocket Blasters

J – 15 wide arm push ups

K – 30 second Wall Sit

L – 15 plank leg raises

M – 25 seal jacks

N – 20 waves

O – 15 side squats

P – 20 Seal Jacks

Q – 5 squats

R – 15 Walking Planks

S – 10 Offset Hand Push Ups

T – 20 Reverse Crunches

U – 30 count wall sit

V – 15 plank downs

W – 30 count plank

X – 15 cross crawls

Y – 30 crunches

Z – 2 push ups

Move Cube AMRAP Challenge

Team Members:	Period/Day:
	Date:
Workout Requirements: <ul style="list-style-type: none"> • Number of Group Members: 3 or 4 • Each group needs an exercise cube, rep cube, and time cube. • Step 1: Rolling for 3 exercises - Take turns rolling the exercise cube to determine the 3 different exercises in your AMRAP. • Step 2: Rolling for reps - Now take turns to determine the number of reps for each exercise. • Step 3: Rolling for time – Roll the time cube to determine how long the total AMRAP will last. • Step 4: Record your group's AMRAP Workout plan below. • Step 5: Complete the Workout – Use the timer on the screen to time the workout. 	
Workout Plan: Roll the MOVE Cubes to create your AMRAP workout.	
Exercise #1:	# Of Reps:
Exercise #2:	# Of Reps:
Exercise #3:	# Of Reps:
How long is the AMRAP?	Time:
Workout Results: Record the results from each day's workouts.	
Group Member Name	Rounds Completed

Partner Half Tabata Challenge

Workout of the Day – 2-minute Half - Tabata. 4 cycles of 20 second MAX/10 second rest interval.

Directions:

- Partner #1 completes as many reps as possible for 20 seconds.
- Partner #2 counts and records Partner #1 reps.

Partner #1 Name:

Cycle	Exercise	Reps Completed
1	Jumping Jacks	
2	Mountain Climbers	
3	Push Ups	
4	Plank Jacks	

Partner #2 Name:

Cycle	Exercise	Reps Completed
1	Jumping Jacks	
2	Mountain Climbers	
3	Push Ups	
4	Plank Jacks	



Partner Tabata Challenge

Workout of the Day – 4-minute Tabata. 8 cycles of 20 second MAX/10 second rest interval.

Directions:

- Select 4 exercises to be part of your workout.
- Decide the order you will do the exercise and record on your sheet.
- Partner #1 completes as many reps as possible for 20 seconds.
- Partner #2 counts and records Partner #1 reps.

Partner #1 Name:

Cycle	Exercise	Reps Completed
1		
2		
3		
4		
5		
6		
7		
8		

Partner #2 Name:

Cycle	Exercise	Reps Completed
1		
2		
3		
4		
5		
6		
7		
8		



Personal Trainer Challenge Project

Throughout this year, we have been developing skills to create our own personal fitness plan. For this assignment, your group will work together to create and complete a workout. Day 1 you will complete the workout. You will record your final workout into Canvas.

Group Members:		
#1: Warm Up – Select & complete 4 exercises from this group. Make sure to record how many or how long you did each one.		
Warm Up Exercise Choices (Choose 4)	Exercises	Sets/Reps or Time
High Knees	Toe Walks	
Butt Kicks	Power Skips	
Walking Knee Hugs	Side Shuffle	
Walking Quad Pulls	Karaoke	
Heel Walks	Arm Circles	
Leg Swings		
#2: Workout – Select & complete 3 exercises from each group. Make sure to record how many or how long you did each one.		
Cardio Exercises (Choose 3)		
Jump Jacks	Mountain Climber	
Mountain Climbers	Skaters	
Burpees	Star Jumps	
Seal Jacks	Cross Jacks	
Invisible Jump Rope	Rocket Blasters	
Muscular Fitness Exercises – Weighted Bars (Choose 3)		
Front Raise	Pendulum Swings	
Bicep Curl	Reverse Curls	
Squats	Forward Lunges	
Calf Raises	Front Row	
Shoulder Press	Reverse Curl	
Core Exercises (Choose 3)		
30 Sec. Planks	Shoulder Taps	
Up & Down Planks	Side Planks	
Plank Leg Raises	Crunches	
Plank Arm Raises	Plank Jacks	
#3: Cool Down – Select & complete 3 exercises from each group. Make sure to record how many or how long you did each one.		
Cool Down Exercises (Choose 3)		
Light Walk	Seated Forward Stretch	
Light Jog	Knee to Chest Stretch	
Butterfly Stretch	Downward Dog	
Standing Quad Pull	Standing Knee Hug	

#4: Complete workout together as a group with a group member(s) leading the group.

#5: Assess workout and make adjustments.

#6: Video plan: Make a plan for what your video presentation is going to look like. Practice.

#7: Use link in Canvas to record your final workout.

Grading Rubric

	3	2	1	0
Group Work	All members are engaged all the time in working together in an effective and cooperative manner.	All members are engaged most of the time in working together in an effective and cooperative manner.	Group members are having a difficult time working in an effective and cooperative manner.	No cooperation is present in the group.
Workout Design	Contains exercises from each group that uses correct technique and offers variety and works multiple parts of the body.	Contains exercises from each group that uses correct technique and offers variety and works most parts of the body.	Contains exercises from each group but little variety and targets the same parts of the body.	Does not contains exercises from each group.
Presentation	Workout video is extremely creative and completed with no flaws.	Workout video is well done and completed with a couple of errors.	Workout video is fair but has numerous errors.	Workout video is incomplete or not submitted.
Final Grade:				

Physical Activity Intensity Assessment

Name: _____

Purpose: The CDC (Centers for Disease Control) recommends at least 30 to 60 minutes of moderate physical activity per day on most days of the week as a way of reducing the risk of developing chronic disease such as heart disease, metabolic syndrome and type 2 diabetes. This week you will be assessing over a three day period how much moderate to vigorous activity you are getting on a daily basis. We will use the 5 levels of intensity to assess activity that is moderate to vigorous. Below is a reminder of the 5 Levels of Intensity:

The 5 Levels of Intensity

- **Level 1 – MEDIA** (Normal breathing – limitless conversation)
- **Level 2 – DAILY** (Normal breathing – normal conversation)
- **Level 3 - BASE** (Increased breathing – conversation a little more challenging)
- **Level 4 - HEART HEALTH** (faster breathing – broken conversation)
- **Level 5 - MAX** (Intense respiration – blurring words but no conversation)



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Assessment Instructions

- **Step 1:** Starting at 7:00 a.m. each morning, mark an 'X' for level of your physical activity for that 30 minutes if more than 15 minutes at that level. Continue marking each 30 minutes through 9:00 p.m.
- **Step 2:** At the end of the day, count the number of marks for the day at each level and record them.
- **Step 3:** Repeat for the next 2 days.
- **Step 4:** Answer the questions based on your data.

Day 1	Level 1: Media/Seat	Level 2: Daily Activity	Level 3: Base	Level 4: Heart Health	Level 5: MAX
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
9:00 – 9:30					
9:30 – 10:00					
10:00 – 10:30					
10:30 – 11:00					
11:00 – 11:30					
11:30 – 12:00					
12:00 – 12:30					
12:30 – 1:00					
1:00 – 1:30					
1:30 – 2:00					
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3:30 – 4:00					
4:00 – 4:30					
4:30 – 5:00					
5:00 – 5:30					
5:30 – 6:00					
6:00 – 6:30					
6:30 – 7:00					
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
Total 'Xs'					

Day 2	Level 1: Media/Seat	Level 2: Daily Activity	Level 3: Base	Level 4: Heart Health	Level 5: MAX
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
9:00 – 9:30					
9:30 – 10:00					
10:00 – 10:30					
10:30 – 11:00					
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5:30 – 6:00					
6:00 – 6:30					
6:30 – 7:00					
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
Total 'Xs'					

Day 3	Level 1: Media/Seat	Level 2: Daily Activity	Level 3: Base	Level 4: Heart Health	Level 5: MAX
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
9:00 – 9:30					
9:30 – 10:00					
10:00 – 10:30					
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5:30 – 6:00					
6:00 – 6:30					
6:30 – 7:00					
7:00 – 7:30					
7:30 – 8:00					
8:00 – 8:30					
8:30 – 9:00					
Total 'Xs'					

After reviewing the data you collected the last 3 days, answer the following questions:

Estimate the total time you were at each of the intensity levels for all three days (Hint: Multiply 30 minutes X the total number of checks for each intensity levels).

	Estimated Time at Each Level				
Day	Level 1	Level 2	Level 3	Level 4	Level 5
<i>Day 1</i>					
<i>Day 2</i>					
<i>Day 3</i>					

Answer	Question
	1. As a result of the data that I have collected about my physical activity, I have a better understanding of how active I am. A. Strongly agree B. Agree C. Disagree D. Strongly disagree
	2. As a result of the data that I have collected about my physical activity, I am thinking about ways to increase my level of activity. A. Strongly agree B. Agree C. Disagree D. Strongly disagree
	3. I feel I am more active on week days. A. Strongly agree B. Agree C. Disagree D. Strongly disagree
	4. I feel I am more active on the weekend. A. Strongly agree B. Agree C. Disagree D. Strongly disagree
	5. I think that I get a healthy level of physical activity each day. A. Strongly agree B. Agree C. Disagree D. Strongly disagree

Plank/Push Up Progression

Beginner Level	
Name	Description
Plank	<p>Level 1 - Elbow/Knee</p> <p>Level 2 – Elbow/Toe</p> <p>Level 3 – Hand/Knee</p> <p>Level 4 – Hand/Toe</p> <p>Level 5 – Hand on floor/Shins on stability ball</p> <p>Level 6 – Elbow Circles on stability Ball/Toes on floor</p>
Shoulder Taps	<p>Level 1 – Hand/Knee</p> <p>Level 2 – Hand/ Toes</p> <p>While holding plank position, lift one hand and touch opposite shoulder, return to start.</p> <p>Repeat with opposite hand.</p>
Walking Plank	<p>Level 1 - While holding the plank position, walk one hand to the side. Follow with the other hand. Return to starting position one step at a time.</p> <p>Level 2 – While holding the plank position, walk one hand forward followed by the other hand, then return to start one step at a time.</p>
Plank Downs	Begin in the plank position. Lower to single elbow then second elbow. Move back to extended arm follow with the other one step at a time.
Single-Arm Raised	It's all about isometric strengthening the stabilizer muscles, and by sweeping the arm out in front at the top of the extension, this variation makes it much more difficult to balance, so the core gets a nice workout.
Up Push	Starting from the floor, student will focus on maintaining a stable plank position as he/she pushes up until arms are fully extended. Student slowly lowers themselves back to the ground maintaining stable position.
Countdown Push Ups	Repeat Up Push. Students will lower to the floor while leader counts down 3-2-1-0.
Classic Push Up	Level 1(modified) - Classic push up with hands and knees touching.

	Level 2 - Classic push up with hands and toes touching.
Intermediate Level	
Name	Description
T Pushups	This involves rotating the body into a side plank when the push-up is completed, holding the upper arm straight in the air so that the body resembles a "T." This works the shoulders and oblique muscles while also helping to improve balance.
Wide Grip Pushup	Start from a normal pushup position but spread your hands wider than shoulder length. This will force your chest to pick up the brunt of the work from your triceps and shoulders.
Wide Feet Classic	Classic push up with feet held wider than shoulders.
Staggered Hand Classic	Classic push up with one hand positioned higher than the other. Make sure to switch at the half count during the set.
Single Leg Push Up	Lift one leg up off the ground and do a set. Switch legs on the next set. Level 1 – single knee down Level 2 – no knee down
Triceps Push Up	Do normal a normal pushup with your hands just a few inches apart from each other underneath your chest.

Advanced Level	
Name	Description
Diamond Push Ups	Classic push up with hands forming a diamond on floor at nose level. Student lower and touches nose inside of diamond.
Spider Man Push Ups	Do a normal pushup but raise one knee toward the elbow of the same side as you rise (like Spiderman climbing a wall). Switch knees with each rep.
Dive Bomber	These look a lot like yoga/Hindu push-ups, but the dive-bomber requires you to bend your arms to get back to the starting position, effectively reversing the movement and bringing the head back past the hands and elbows.

Explosive Push Up	Push so hard off the ground that the upper body soars into space and the hands are briefly in mid-air. Be sure to stretch the wrists, since this exercise puts extra impact on them.
Clap Pushups.	At the peak of your pushup, push yourself up off the ground and quickly clap in midair. The fast jolting force of clap pushups will help you develop explosive power while also bulking up your pecs for a superhero chest.
1.5 pushup	From the bottom of a rep, push up halfway, then descend and push up again. "To build a bigger chest, you need longer 'time under tension' [TUT]— the length of time your muscles are working," says Yeung. "By adding an extra half of a pushup, you'll increase your TUT, build more size, and pump your muscles
Eccentric pushups	Do a normal pushup but descend slowly (4 to 5 seconds) and rise normally. "By slowly lowering yourself, you will skyrocket your TUT and flood your muscles with blood," says Yeung.

Pyramid Workout Challenge

Directions: Complete the following steps to complete your workout. Sign the bottom of the sheet and turn in when you are finished.

Step 1: Record numbers 1 -10 in order in the number column.

Step 2: Select your #1 exercise and record on your sheet. Find a partner and complete the exercise. Partners sign each other's sheet when completed.

Step 3: Repeat until you have completed the assigned number of exercises.

Step 4: Sign the bottom of your sheet when complete and turn it in to your teacher or assigned location.

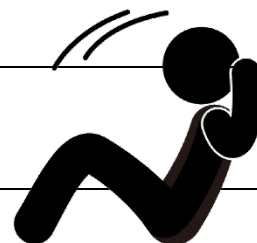
Number (Reps)	Exercise	Sign Off
Signature Complete		



Student Designed Workout: Medicine Ball/Sandbell

Group Captain (Leader):

Group Members:



Step 1: Select type of equipment(circle):

Medicine Ball

Sandbell

Step 2: Select **6** exercises to include in your workout. Select activities that work different muscles or offer a progression based on level of difficulty.

Medicine Ball (Circle 6)

Sandbell (Circle 6)

Chest passes
Side passes left
Side passes right
Partner curl up
Hip Tosses right
Hip Tosses left
Pumpkin Smashes

Plank Rolls
High Throws w/squats
Side Slams
Partner Russian Twist
Waist Wraps
Back-to-Back passes
Back-to-Back figure 8's

Front Squats
Overhead Toss
Overhead Slams
Plank Slides
Partner Thruster Toss
Partner Rainbow Slams
Partner Plank Flips

Rabbit Flips
Single Hand Flips
Sandbell Swings
Lunge Twists
Sandbell Push Ups
Partner Curl Ups
20 ft Sandbell Carry

Step 3: Record your workout in the order that you will complete it (minimum 3 sets of 10 reps).

Exercise #1:

Exercise #2:

Exercise #3:

Exercise #4:

Exercise #5:

Exercise #6:

Step 4: Complete workout together as a group with Captain leading.

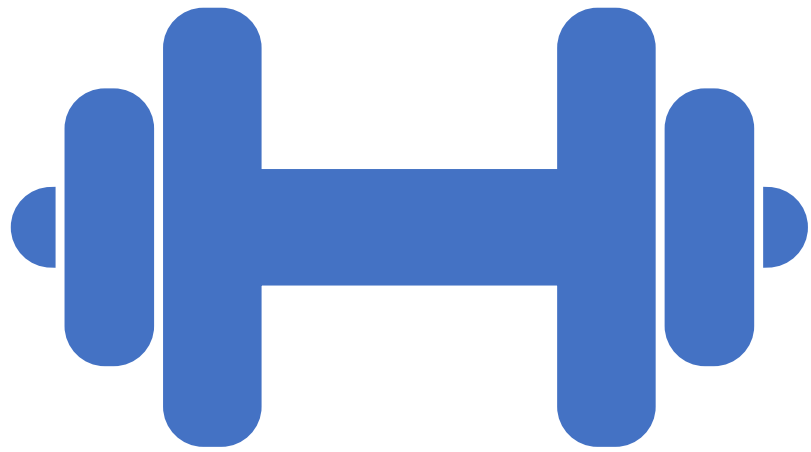
Step 5: Assess workout and make adjustments.

Step 6: Video plan: Make a plan for what your video presentation is going to look like. Practice.

Step 7: Use directions on Canvas™ on recording and submitting your workout.

Grading Rubric

	3	2	1	0
Group Work	All members are engaged all the time in working together in an effective and cooperative manner.	All members are engaged most of the time in working together in an effective and cooperative manner.	Group members are having a difficult time working in an effective and cooperative manner.	No cooperation is present in the group.
Workout Design	Contains 6 exercises that uses correct technique and offers variety and works multiple parts of the body.	Contains 6 exercises that uses correct technique and offers variety and works most parts of the body.	Contains 6 exercises but little variety and targets the same parts of the body.	Contains less than 6 exercises.
Presentation	Workout video is extremely creative and completed with no flaws.	Workout video is well done and completed with a couple of errors.	Workout video is fair but has numerous errors.	Workout video is incomplete or not submitted.
Final Grade:				



Student Designed Workouts

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What? Why?

Virginia Physical Education Standards of Learning: Fitness Planning Strand

6.3 The student will apply skills of measurement, analysis, goal setting, problem solving, and decision making to improve or maintain physical fitness.

- Create a basic personal fitness plan for at least one health-related component of fitness, including baseline fitness data, a SMART goal, activities that will address the goal, a log of activities inside and outside school, reassessment data (post-data) and reflection of goal progress/attainment.

7.3 The student will apply concepts and principles of training and fitness-planning skills to improve physical fitness.

- Identify safe practices for improving physical fitness.
- Complete a self-assessment of health-related fitness and develop a comprehensive personal fitness plan, including SMART (specific, measurable, attainable, realistic, timely) goals, an action plan that incorporates the FITT (frequency, intensity, time, and type of exercise) principle and to meet the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans, timeline, documentation of activities inside and outside school, roadblocks/barriers and solutions, midyear and end-of-year assessments, and reflection on progress for improving at least two self-selected components of health-related fitness.
- Identify and apply concepts of fitness improvement using various resources, including available technology, to evaluate, monitor, and record activities for a fitness plan.

8.3 The student will apply self-assessment skills and use technology to create and implement a personal fitness plan to improve or maintain personal fitness.

- Complete a self-assessment of current fitness levels and develop a comprehensive personal fitness plan, including SMART (specific, measurable, attainable, realistic, timely) goals, an action plan that incorporates the FITT (frequency, intensity, time and type of exercise) principle, a timeline, documentation of activities inside and outside school, roadblocks/barriers and solutions, midyear and end-of-year assessments, and reflection on progress for improving at least three components of health-related fitness.
- Create and implement an activity plan (that includes warm-up, cool-down and appropriate intensity levels) applying specificity, overload, and progression, and identify safety precautions to meet the Centers for Disease Control and Prevention's Physical Activity Guidelines for Americans.

How?

- Create lessons and activities that provide students skills needed to develop personal fitness plans.
- Key focusses:
 - Focused on 3 main areas: Upper body, core, lower body
 - Applying FITT Principle
 - Learning techniques and exercise safety including equipment use.
 - Provide modifications as part of instruction from the start of the year.
- Key Vocabulary: repetitions, sets, resistance, body weight, frequency, intensity, time, type.



SMCUEL

Fitness Spelling

MUSCLE

Complete the following until you spell the assigned word or phrase.

A – 25 Jumping Jacks

B – 20 crunches

C – 20 squats

D – 15 Push ups

E – 15 Mountain Climbers

F – 10 Plank Jacks

G – 30 count wall sit

H – 20 oblique crunches

I – 15 Rocket Blasters

J – 15 wide arm push ups

K – 30 second Wall Sit

L – 15 plank leg raises

M – 25 seal jacks

N – 20 waves

O – 15 side squats

P – 20 Seal Jacks

Q – 5 squats

R – 15 Walking Planks

S – 10 Offset Hand Push Ups

T – 20 Reverse Crunches

U – 30 count wall sit

V – 15 plank downs

W – 30 count plank

X – 15 cross crawls

Y – 30 crunches

Z – 2 push ups

Group Fitness Spelling Workout

Fitness Spelling Workout

Directions: Your group must create a workout using the FITNESS Spelling Exercise list. Come up with a 6 to 8-letter word and complete the workout with as a group. Record the exercises that make up your workout.

Group Members		Period/Day
Letter	Exercise	

Procedures

- Divide into teams of 4 – 6.
- Select a 6 to 8 letter word to create your workout..
- Record your word on your groups sheet.
- Use the exercise list at the bottom of your sheet and record the exercise that goes with each letter.
- As a group, work together to complete the workout.

Fitness Spelling		
A – 25 Jumping Jacks	J – 15 wide arm push ups	S – 10 Offset Hand Push Ups
B – 20 crunches	K – 30 second Wall Sit	T – 20 Reverse Crunches
C – 20 squats	L – 15 plank leg raises	U – 30 count wall sit
D – 15 Push ups	M – 25 seal jacks	V – 15 plank downs
E – 15 Mountain Climbers	N – 20 waves	W – 30 count plank
F – 10 Plank Jumps	O – 15 side squats	X – 15 cross crawls
G – 30 count wall sit	P – 20 Seal Jacks	Y – 30 crunches
H – 20 oblique crunches	Q – 5 squats	Z – 2 push ups
I – 15 Rocket Blasters	R – 15 Walking Planks	



The 180 Workout

Procedures

- Divide into teams of 3.
- Circle 1 exercise from each category.
- Each group member must complete an equal amount of reps.
- The total number of reps for the workout must equal 180 reps.
- Create a workout plan and complete the workout as a group.
- Submit completed form after workout is done.



Move Cube AMRAP



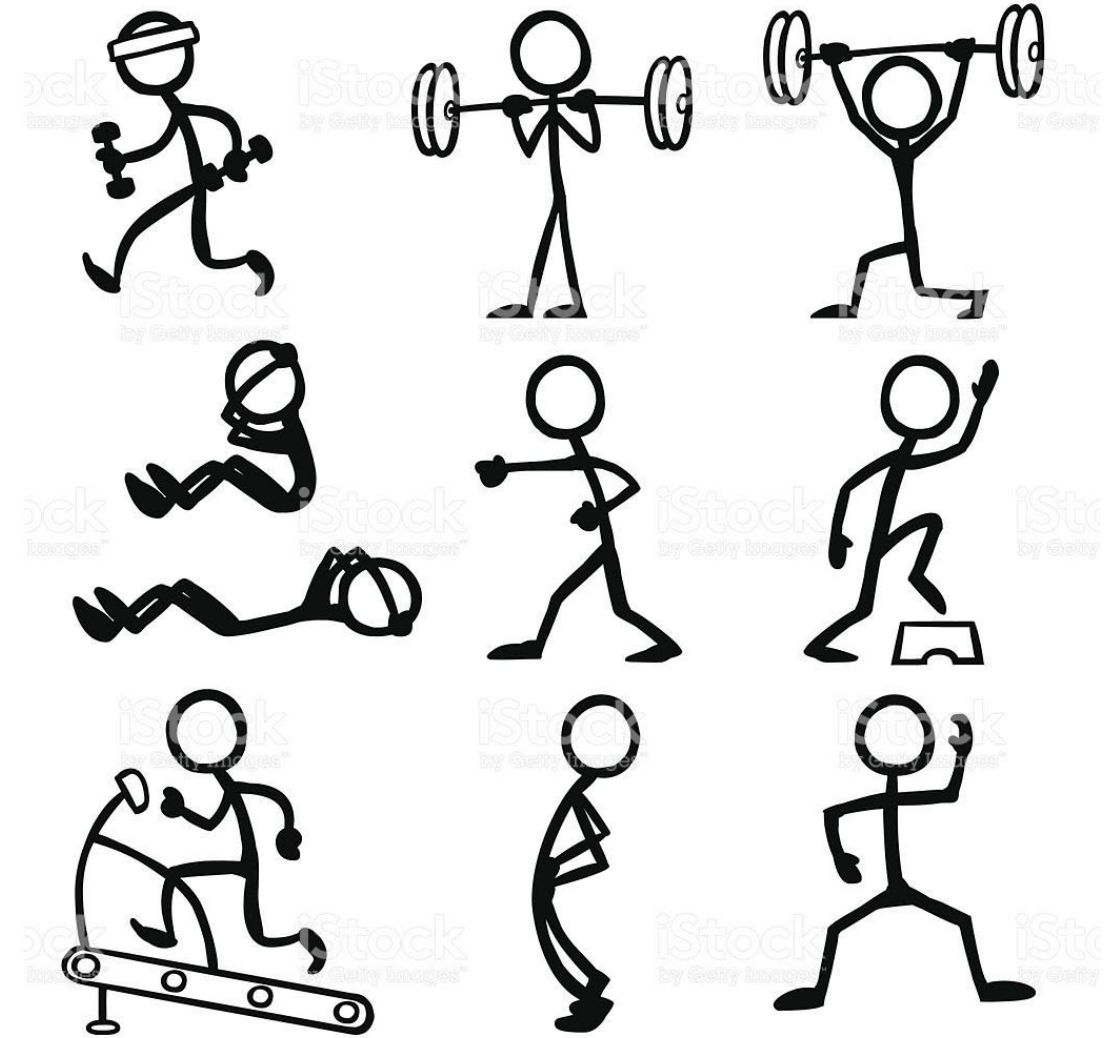
Workout Requirements:

- Number of Group Members: 3 or 4
- Each group needs an exercise cube, rep cube, and time cube.
- **Step 1: Rolling for 3 exercises** - Take turns rolling the exercise cube to determine the 3 different exercises in your AMRAP.
- **Step 2: Rolling for reps** - Now take turns to determine the number of reps for each exercise.
- **Step 3: Rolling for time** – Roll the time cube to determine how long the total AMRAP will last.
- **Step 4: Record your group's AMRAP Workout plan below.**
- **Step 5: Complete the Workout** – Use the timer on the screen to time the workout.

Group AMRAP Challenge

Workout Requirements:

- Number of Group Members: 3 or 4
- Equipment: Select 1 from the following – Medicine Ball, Sandbell, Resistance Bands
- Number of Exercises: 4 (may include one body weight exercise).
- Exercises: Must include at least one exercise each for upper body, core, and lower body.
- Number of Reps: Group decision.
- Workout Directions:
 - The group will complete the workout together.
 - We will complete this workout 3 times this week.
 - Your group must increase one aspect of your workout each time we complete the workout.



Student Designed Workout Group Project


- We have been working on using various types of resistance training equipment during this school year. With this project, you will have a chance to demonstrate your expertise in terms of how to create a workout that works the whole body and utilizes appropriate and safe techniques. Below are the basics for completing this project with your group:
- **ILO:** The student will create a workout using self-selected piece of equipment and exercises with a group of classmates using correct technique.
- **Success Criteria:** I can work successfully with other students to design a quality workout using correct techniques.
- **Project Requirements:**
 - Group must work together to create, perform, and present workout.
 - Includes a detailed plan with exercise list and workout intensity.
 - Must use either medicine balls or sandbells.
 - Should include at least 6 exercises that demonstrate correct techniques (at least 3 sets of 10 repetitions).
 - Performed and presented together as a group.
 - Workout is recorded and submitted using Flipgrid by the assigned due date.



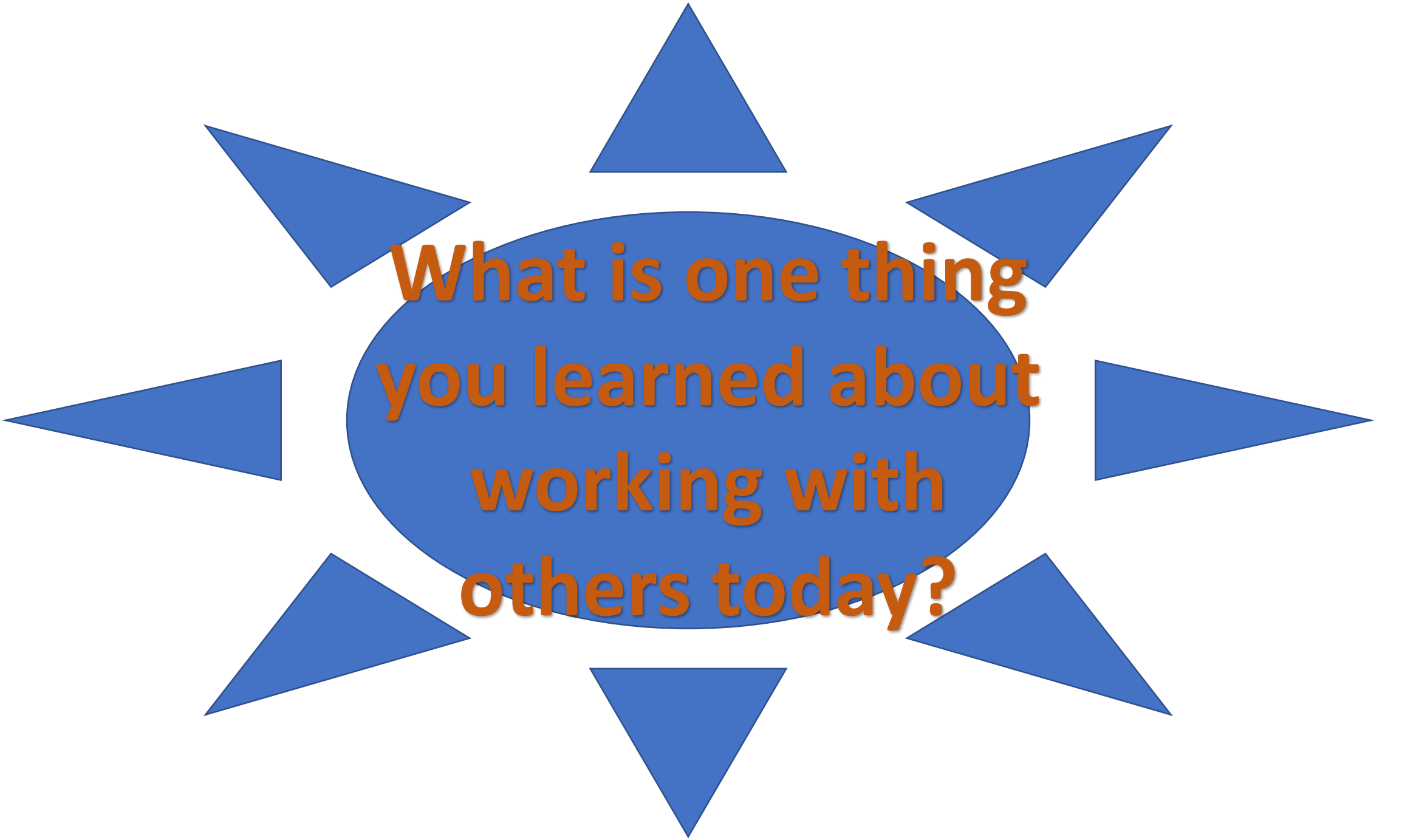
Person Trainer Challenge Project

- We have been working various types of workouts that include both body weight exercise and resistance training. In this project, you will be working with a group to create a complete workout including a warmup, workout including both body weight and weight training, and a cool down. With this project, you will have a chance to demonstrate your expertise in terms of how to create a workout that works the whole body and utilizes appropriate and safe techniques. Below are the basics for completing this project with your group:
- **ILO:** The student will create a complete workout focused on total body fitness with a group of classmates using correct technique.
- **Success Criteria:** I can work successfully with other students to design a quality workout using correct techniques.
- **Requirements:**
 - Group must work together to create, perform, and present workout.
 - Includes a detailed plan with exercise list and workout intensity.
 - Must include a plan for warming up and cooling down.
 - Must use exercises from each exercise category including use of weighted bar.
 - Performed and presented together as a group.
 - Workout is recorded and submitted using Flipgrid by the assigned due date.





Sample Exit Tickets



**What is one thing
you learned about
working with
others today?**

Fitness Spelling Challenge Exit Ticket

- What was your word for today's workout?
- What was the most challenging exercise today? Why?

**In one or two
sentences, tell me
one benefit to
resistance training.**

**Tell me which
component of
fitness you worked
on using the
resistance bands.**

Name one thing
you did well
today.

**In one to two
sentences, describe
how to best make a
good workout.**

The 180 Workout

180

180

Workout BINGO Challenge

Directions: This week, complete 3 BINGO lines horizontally on 3 different days for this week's Physical Challenge. Make sure to record and submit your workouts on this week's reflection form by the end of the week.

B	I	n	G	O
<i>Cardio Exercise</i>	<i>Upper Body Muscle</i>	<i>Core</i>	<i>Lower Body Muscle</i>	<i>Balance</i>
10 minute Jog	Dumbbell Bicep Curls (3 sets of 10 reps)	30 Second Planks (3 times)	Forward Lunges (3 sets of 10 reps)	30 second Single Leg Balance (2 times – Right and Left)
Just Dance (Pick any 2 songs from the list below to follow) Wake Me Up Don't Stop Me Now Paca Dance Everybody Needs Somebody High Hopes Shut Up and Dance You've Got a Friend	Dumbbell Shoulder Press (3 sets of 10 reps)	Up and Down Planks (3 sets of 10 reps)	Body Squats (3 sets of 10 reps)	Tight Rope Walk (20 Ft. Walk – 2 times) <i>Walk heel to toe down a 20 foot line.</i>
10 minute Walk	Dumbbell Upright Row (3 sets of 10 reps)	Plank Leg Raises (3 sets of 10 reps)	Step Back Lunges (3 sets of 10 reps)	Rock the Boat (3 sets of 10 reps) <i>Balance on one foot while lifting opposite foot to side.</i>
10 minute Run/Walk Interval (alternate 30 second run and walk intervals)	Dumbbell Front Raise (3 sets of 10 reps)	Plank Arm Raises (3 sets of 10 reps)	Side Squats (3 sets of 10 reps)	Flamingo Stand (3 sets of 10 reps) <i>Balance on one foot while lifting opposite foot and knee in front on you.</i>
10 Minute Bike Ride	Dumbbell Lateral Raise (3 sets of 10 reps)	Side Planks (30 seconds each side)	Body Squat + Front Kick (3 sets of 10 reps)	Bean Bag Balance (20 ft. Walk – 2 times) <i>Place a bean bag or similar object on your head. Zig Zag while balancing.</i>