

Unit 9: Fitness Components

Lesson 2: Physical fitness components

Physical Objectives:

Completion of stations; balance, power, agility
reaction time, & speed (3C, 3A, 4A, 4B)
Importance of goal setting in improving skill (2C)

Social Objectives:

Honesty of results (6A)
Cooperation by monitoring partner's
success (7B)
Solve problems with team (7A)

Equipment:

Poly spots, 18-20 polyspots or carpet squares,
See stations below for other equipment needs

Testing:

None

I. Warm-up Activities

Enter gym and get dressed.

Stepping stone relay

4 participants per squad; up to 9 squads

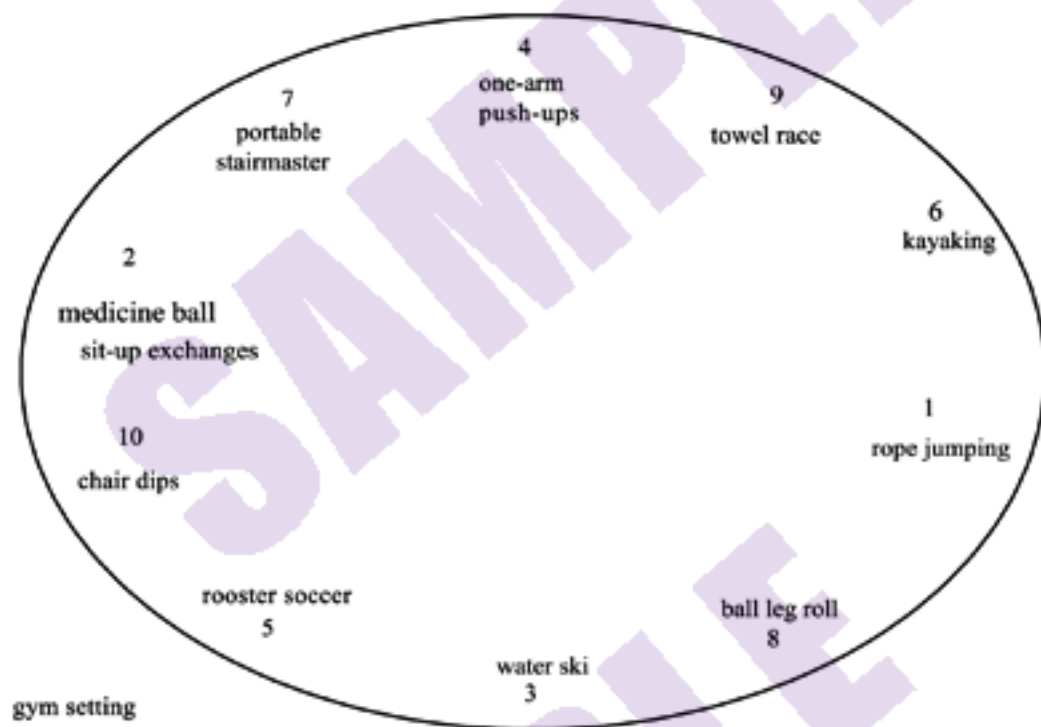
Two small carpet squares or large poly spots are used per squad. The first person in line is the mover and helps the next person in line move down and back. The only way to advance in this relay is by standing on a carpet square and moving to another. It is illegal to move or stand on the floor. The mover picks up the rear carpet square and moves it in front of the advancing player so the next step can be taken. All players must play both roles before the relay is completed.

Come back to roll call and do crunches (on instructor's command).

Stretches – Follow from day before or your own strategies

II. Par Course

Ten stations are placed equal distances apart on a running track or the gym. Students follow a circular pattern and at each station students are required to perform the listed activity. Some of the stations will require that you find a partner. One minute at each station and jog a lap after every three stations. (need heart rate worksheet for this activity)



** take heart rate every ten minutes

III. Cool down

3 minutes slow jog/ 1 minute walk; take heart rate; stretches (you can use same as beginning of workout).

IV. Closure Activities

Pick up equipment.
Talk about heart rate.
Talk about different activities they experienced
Talk about different fitness components for each activity
Go get dressed.