



PE/Health Virtual Learning

6th PE/Health
Fitness Goals
May 4th, 2020



6th/PE/Health
Lesson: [May 4th, 2020]

Objective/Learning Target:

LT1- I can record/analyze personal activity log results.

NASPE Standard:

Sets and monitors a self-selected physical activity goal for aerobic and/ or muscle- and bone-strengthening activity based on current fitness level. (S3.M8.6)



May 1,2020

Objective:

Students will be able to perform a workout routine that helps improve both cardio and muscular strength over a 2 week period and will set goals for each.



Essential Question:

How do I choose and monitor my own goals for both muscular strength and cardio exercises?



Resources used in this lesson:

- You will need the chromebook you checked out from school or a computer at home to practice this lesson.
- You will need a piece of paper to organize your exercises to perform each day
- You will need a space in your home or outside to practice your strength exercises
- You will need a track, open field, or park to practice your cardio exercises



Practice: Quickwrite

Let's make goals for each area-cardio and muscular strength. Take out your piece of paper and write down 1 exercise YOU PERSONALLY would like to improve. Think about what you would like to improve for Fitness Testing if you cannot think of anything! Practicing the exercises will help you achieve your goals in these two areas-cardio and muscular strength.

What is my goal for strength? **Example: You could write "I want to practice strengthening my upper body every day for 2 weeks in a row."**

What is my goal for cardio? **Example: You could write "I want to practice jogging for 3 minutes, walking for 3 minutes and repeating this 2 more times every day for 2 weeks in a row."**



Practice: Warm-up

Let's get our body warmed up before we practice our exercises:

High knees (perform 2 times down and back) [High Knees](#)

Side shuffle left (perform 2 times down and back facing same direction)

Side shuffle right (perform 2 times down and back facing same direction) [Side Shuffles-Left and Right Demo](#)

Arm circles forward 12 times

Arm circles backward 12 times [Arm Circles Forward & Backward](#)



Practice: Perform your exercises

Take the goals you have written (make sure they are easy to begin with) and practice them for 2 weeks-a total of 14 days.

Day 1: Upper Body Strength: Perform 5 push-ups from my knees (repeat 2 more times with a 2 minute break in between each set)

Day 1: Jogging: Jog at an easy pace for 3 minutes straight. Walk for 3 minutes (repeat these 2 more times for a total of 9 min jog and 9 min walk).

Take a look at the next slide to see how to adjust your goals daily!



Practice: Perform your exercises

If you feel like you want to increase your goals, there are many ways you can do that. Here is an example:

Day 5: Upper Body Strength: Perform 7 push-ups from my knees (repeat 2 more times with a 2 minute break in between each set)

Day 5: Jogging: Jog at an easy pace for 4 minutes straight. Walk for 2 minutes (repeat these 2 more times for a total of 12 min jog and 6 min walk).



Self-Assessment

In order to improve in any area, you must set goals and practice them daily or every other day to help improve that specific area.

After Day 14 reflect on your improvements and answer these questions:

What exercise did you choose to strengthen for muscular strength? Did you make improvements in that area? How did you start to make your goals more difficult by Day 14?

What exercise did you choose to improve your cardio abilities? Did you make improvements in that area? How did you start to make your goals more difficult by Day 14?