



Personal Fitness Virtual Learning

FITT Workout

April 29, 2020



7/8th Grade Personal Fitness

Lesson: [April 29th 2020]

Learning Target:

Students will be able to analyze technique of selected exercises and track a personal activity log
Uses the overload principle (FITT formula) in preparing a personal workout.14 (S3.M11.8)

Essential Question: Why is FITT important when applying to a workout?

Background: This is a review lesson from Personal Fitness semester one

- **Students will complete a workout designed for home**
- **Students will identify the meaning of FITT principle**

Let's Get Started:

1. **Follow this warm-up to get started!!**
 - [Warm-up video](#)

Practice #1

- Click on the [link](#) that will take you to an article over the FITT principle.
- Open the [AVID note](#) taking page; be sure to put notes in **RED** from the video in the article. In order to edit the document you have to make a copy.

Practice #2

- Add to your notes in **BLUE** while watching the [video](#)

Practice on your own:

- Complete the workout [video](#)
 - Can you identify the FITT principles in this workout?
 - Add to you notes in **PURPLE** where the different principles were applied

MORE Practice on your own:

1. Click on the link to update/start an activity log
2. [Daily Activity Log](#)
3. Make a copy of the spreadsheet in order to edit it
4. Reflection question: How does the FITT principle make a workout more helpful with getting into/staying healthy?

Self Check:

Go tell someone in your home your answers.



1. Was this lesson?

- easy,
- just right
- hard

2. Find a workout to complete with someone in your house