**Teacher: Beth Berger Date: February 22, 2012**

**Unit Topic:**  **Fitness** **Lesson Topic: Fitness Center Circuit** **# of Students: 24** **Grade: 9-12**

**Objectives:**

1. Objectives -

 A Students - Demonstrate proper form for each machine, matching the picture on the specific machine.

 - Demonstrate proper technique while completing each workout, but following the cues: Slow and controlled, and stop if there is pain.

B. Teacher - Monitor the students and give positive congruent feedback to students.

2. Equipment - Fitness center and machines, timer, workout sheet, pen or pencil.

3. Protocols - All students will complete each activity individually. All students will adjust weight to compliment their abilities. All workouts will be done slowly and controlled. If there is any pain, the student should stop the workout and wait until it is time to switch to the next machine.

4. Instant Activity - Jumping Jacks (20) to get the muscles warmed up and the heart rate elevated. The instructor will lead the class through different ballistic stretching activities to loosen up and prepare the muscles for the workout.

5. Set Induction - I know we have been doing the fitness center for a while, but this time, we are going to take it to the next level. I have presented you each with a piece of paper with a chart. This chart will help you keep your weight and reps on the weight machines so you no longer just “go through the motions.” This will be for you to see what you did last time and how to push yourselves to the next level, so that throughout the semester you can see all the growth you have made, and how hard work pays off!

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| LESSON CONTENT & PROGRESSIONSIntroduction, skill(s), activity, review | **Teaching Cues –** The cues are short quotes of what you are saying to students to remind them of proper form. | MANAGERIAL STRATEGIESOrganization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | EVALUATION OF OBJECTIVESHow you will monitor and record student progress. Each objective should be assesses or evaluated. |
| **Circuit Workout**All the machines are numbered. The fitness machines are odd numbers and the steppers are even numbers. The circuit goes from 1-24. * 30 seconds workout
* 15 seconds record/switch machines
* Half way through the class, stop and check heart rates

The machines go as such:1. Leg Press3. Leg Extension 5. Quad Extension7. Chest Press9. Back Row11. Back Extension13. Ab Crunch15. Bicep Curls17. Tricep Pulldowns19. Shoulder Press21. Lat Pulldowns23. Chest FlyOnce the circuit is complete, check heart rate again. If there is time left before returning to the locker room, the students are allowed to do whatever machine or piece of equipment they choose.Monitor for student participation. | Machine Cues:- Slow and controlled - Stop of there is pain.  | Students will pick their own station to begin, and continue through the circuit going through all the numbers respectively. Students will go through the stations independently, and rotate when the buzzer goes off. A different buzzer sound will start when 15 second switch and record time is up, alerting the student to begin the next machine.  | The students will be observed for completion. During the activity, I will be checking to see that the forms of the workouts are correct and the weight usage is close to correct for each individual. Papers will all be collected at the end of the class period.  |
| Conclusion:“Did you enter your target heart rate?”“Did one activity work you harder than another?”“Do you know more about your abilities with the work out chart?” |  |  |  |

Teacher Reflection

Strengths:

* The workout chart went very well for both classes. All students were able to complete the charts with ease and it did not interrupt their workout.
* The class was more on task because they had to record what they were doing.
* More of the students were active for the entire time because they wanted to see growth from this week to the next.

Improvements:

* I forgot to do the check for heart rate, so the students did not have this for their records. We also did not really discuss (since I have been there) the importance of being in your target heart rate for whatever type of workout you are trying to get. So even if we would have taken heart rates, it would be hard to know if that would even mean anything to the students.
* There was still a lot of time at the end of the workout left in class. I would like to extend the time for the workout to 40 seconds and leave the 15 second break the same. This would make less time at the end and more time for the workout.