**Teacher: Beth Berger Date: February 15, 2012**

**Unit Topic:**  **Fitness** **Lesson Topic: Fitness Testing** **# of Students: 36** **Grade: 9-12**

**Objectives:**

1. Objectives -

A Students - Demonstrate the proper technique for completing the v-sit-reach during, and the shuttle run to perform lengths and times that will be recorded for the fitness pretest information.

- Demonstrate understanding for how each of the fitness testing activities is going to be completed, and show mental competency for remembering their times.

- Demonstrate team building skills by cheering for their fellow classmates during activities, and working in groups to complete the assessment.

B. Teacher - Correctly collect all information and provide the students with a basis for their fitness ability level as moderated by the Pennsylvania State Fitness test.

2. Equipment - Stop watch (1-2), chart of student pretest information, v-sit-reach box.

3. Protocols - One student will go at a time, each student will perform the fitness test task properly before their score will be counted.

4. Instant Activity - Jump Rope: The students will jump rope for 3 minutes to warm up muscles and get the legs loose for the activities.

5. Set Induction - *Today is part 2 of our fitness testing. Today we will perform the shuttle run and v-sit-reach. These aspects of fitness measure flexibility and agility, which play very important roles in physical education, as well as physical fitness.*

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| LESSON CONTENT & PROGRESSIONS Introduction, 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 STRATEGIES Organization of space, equipment, students (diagrams of practice formations, equipment set up, and game situations ), including method for assigning students to groups | EVALUATION OF OBJECTIVES  How you will monitor and record student progress. Each objective should be assesses or evaluated. |
| **Fitness Testing Components**  Shuttle Run:  The students will be timed in running two line touches. During the line touches, the students will have to pick up an object at the other line and return it to the starting line.  The time will start when the student begins to move and will stop when the student crosses the end line.  Students will be timed to do this, and each time will be reported. Students may run more than once to see if they can beat their time.  V-Sit-Reach:  The students will sit with both legs under and against the box. The students will have 2 opportunities to stretch as far as they can, pushing the metal marker back. The best of the 2 will be used. | “Run through the finish”  “Knees straight” | Students will be separated by gender. Boys will run their own shuttle run while girls do the v-sit reach, and girls will do like wise.  There will be 2 shuttle run locations. Only one student will perform the shuttle run at a time at each location. |  |
| Conclusion:  *What aspects of fitness were tested today?*  *What sports might you need these aspects for?*  Tomorrow we are going to end the week with a fun day of catch ball! Next week we will begin our badminton unit. |  |  |  |

**Teacher Reflection**

Strengths:

* Both classes seemed to enjoy this lesson more than the other Rock Wall lessons that I have seen.
* The students really took well to my new activity, musical moves, and did this activity well.

Improvements:

* There was a lot of downtime at some points, and some of the students were able to get away a little bit with not participating. I gave the students ample breaks and expected the students to be able to finish the entire class.
* The lesson did not last the entire time, because the students were too sore and did not want to try new activities. Next time, I will have the activities they like last longer and hope to have all the students actively engaged for the entire period.

Insights:

* Performing the climbing wall for 45 minutes is a difficult task. It is hard to keep the students engaged and climbing when they are using muscles such as their forearms and fingers that they do not tend to use so strenuously. It is interesting to have the rock wall lesson last the entire time.
* It is also hard because the rock wall is really challenging for the overweight and obese students. There is also not much room in the hall way for more activities outside of the rock wall, so there are not many choices for challenging students.