




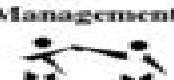

# Lesson Planner

Date: Nov 29, 2017 (Revised Mar 10,2017)

Lesson: Fitness

Grade: 9 Class:

Period 1

⊖ Movement	⊖ Fitness Management	⊖ Safety	⊖ Personal and Social Management	⊖ Healthy Lifestyle Practices
				
<u>K.1.S2.A.1</u>	<u>K.2.S2.A.1</u>	<u>K.3.S2.A.2</u>	<u>K.4.S2.A.2</u>	
<u>K.1.S2.B.3</u>	<u>K.2.S2.C.2</u>	<u>S.3.S2.A.1</u>		

\*Underlined text is new literacy focused ideas\*

## Entry Routine – Time: Prior to start of class

- Students sign up with their initials on a clip board
- Check the white board for the daily lesson, Physical Education specific announcements, and an activity to start playing until the class starts
- Review the success criteria and learning intentions of that unit located on the white board
- Walk past the word wall/ infographics space in the gymnasium to look over new terminology

## Activating Activity (Entry Activity) - Warm-up - Time: 10 min

- Learning/Teach Strategies
  - Dynamic Warm up Exercises - A, B, C Skips, Knee ups, Heel ups, Hip ups, Inch worm, Spider man, Lunges, side lunges, Hurdle Steps
  - Students speak the names of the warm up exercises they are performing
  - Share what muscles each stretch is activating
- Teach Notes
  - Students line up on basketball sidelines, perform each movement side to side
  - Each movement is explained, demonstrated, then performed by the students, with Teacher observing technique and form
  - Review which stretch activated with muscles, have students repeat the words back

## Acquiring Activity - Time: 20 min

- Learning/Teach Strategies
  - Demonstrate and cue technique for each movement - Push-ups, Body Weight Squats, Ski Jumps, Burpees, Bench Dips, Superman's
  - Scaffold instructions with Modeling, use of visuals, Language clarification, Auditory Instruction, Students Practice (Acting Out) – provide instruction for all learning styles.
  - Speak technical cues while demonstrating, have students repeat cues when practicing/acting out each movement.

# **Second Grade Health And Fitness Lesson Plans**

**Guy C. Le Masurier, Charles B.  
Corbin, Meg Greiner, Dolly D. Lambdin**



## **Second Grade Health And Fitness Lesson Plans:**

Fitness Education for Children Stephen J. Virgilio, 2011-10-12 In the latest edition of his book *Fitness Education for Children A Team Approach* Stephen Virgilio emphasizes the importance of collaboration to combat obesity and promote active lifestyles Virgilio shows how you can combine the efforts of physical educators administrators classroom teachers school volunteers parents school lunch personnel health service professionals and others in the community Virgilio provides new suggestions and information on incorporating the team approach to help schools meet wellness policy objectives He spells out a school wellness approach with the physical educator as physical activity director and guides you in integrating school fitness breaks and activities in the classroom curriculum He also offers new exercise rhythmic and pedometer activities as well as new fitness games provides current research and statistics on childhood obesity and approaches to intervention includes a completely new chapter on yoga including activities for school aged children and presents information on the stages of behavioral change helping teachers modify long term health behaviors in children This new edition also includes updated Activitygram Fitnessgram procedures and a discussion of SMART goals You ll find a new section on teaching children with autism spectrum disorder and the current USDA s MyPlate You ll also receive the most recent physical activity guidelines for children from the Centers for Disease Control and Prevention and help in developing programs that support those guidelines And you ll find updated references throughout the book as well as new websites for further information *Fitness Education for Children* also offers strategies for cross curricular activities and classroom collaborations as well as suggestions for using technology to enhance your communication with students and parents Written for veteran and new physical educators as well as students preparing to enter the profession this text covers the gamut of issues that educators need to know to provide effective fitness education Those issues include the principles of fitness teaching children with disabilities planning lessons teaching fitness concepts collaborating with other teachers and getting parents and your community involved You also receive updated developmental exercises and active games and activities and you ll learn how to hold exciting schoolwide events *Fitness Education for Children* offers a blueprint for battling obesity in school aged children by promoting healthy lifestyles This book will help you understand the educational philosophy instructional strategies assessments and pedagogical models that will transform your curriculum into a springboard to a lifetime of healthy activity for the children you teach

**Resources in Education** ,1998      **Physical Education Lesson Plans for Classroom Teachers-Grades 4-6** Aeras Publishing,Carol Jahan,2010-06-01 Lesson plan books for classroom teachers to be able to provide a whole year complete program of physical education for each grade level K 6 All activities are standard based and follow a sequence so classroom teachers can follow the progression without having to spend a lot of time trying to decide what to teach next Each game skill or fitness activity is labeled for its appropriate grade level and the standard it meets so the teacher is confident in providing a program his her students will enjoy It s all been done for the

classroom teacher All he she has to do is follow the book In print book format and ebook format two editions are available K 3rd Grade and Grades 4 6 About the author Carol Jahan is a physical education specialist with over 20 years experience teaching this complete program of physical education for grades K 6 She has developed and taught these programs and helps classroom teachers by providing lesson plans that are easy to follow and teach She has written these lesson plan books for classroom teachers to follow and also add their own activities through the school year to provide a complete program of physical education for their grade level **Designing and Teaching Fitness Education Courses** Jayne D.

Greenberg, Nichole Calkins, Lisa Spinosa, 2021-08-20 Fitness education is often overlooked for various reasons no equipment no weight room large class size or lack of professional development Designing and Teaching Fitness Education Courses provides real solutions for all these issues This book offers secondary level physical educators innovative ideas practical answers and guidance in implementing fitness education programming that will meet the needs of all students Designing and Teaching Fitness Education Courses is packed with highly useful tools and resources 211 instructional photos showing exercises and stretches that require no equipment and are easily adapted for varying abilities 18 pacing guides that form a week by week blueprint for implementing a semester long fitness education course A robust online resource with all 18 pacing guides as well as a blank template for developing your own 139 video demonstrations of all the book s exercises and stretches PowerPoint presentations to show in PE classes including video demonstrations of the book s exercises and stretches and teacher aids and student handouts including assignments assessments posters and a 12 week personal fitness plan Teachers can use the pacing guides to develop a semester long fitness education course that can be implemented in either a traditional or block schedule These guides offer objectives class discussion topics activities assessments and teaching strategies for each week of an 18 week semester All topics in the guides are aligned with SHAPE America s National Standards and Grade Level Outcomes for K 12 Physical Education The authors guide teachers in addressing the following priorities within a fitness education course social and emotional learning behavior modification principles and adherence to fitness activities social cognitive theory classroom management student safety equity diversity and inclusion and social justice Designing and Teaching Fitness Education Courses also includes a detailed chapter on nutrition education written by internationally recognized sport nutritionist Lisa Dorfman who provides teachers a wealth of information to integrate into fitness courses Teachers will learn how to integrate a quality fitness education curriculum into any setting rural urban or suburban and any learning model remote hybrid or in person learning Designing and Teaching Fitness Education Courses is organized into three sections Part I presents both theoretical and practical knowledge of fitness education its importance in a standards based curriculum pedagogical and content knowledge considerations nutrition wellness and consumer issues and the general components of fitness education Part II focuses on various components of fitness education flexibility strength and cardiorespiratory fitness This part includes stretching and muscular strength and endurance workouts illustrated with

photos in the book and videos in the online resource Part III guides readers in enabling students to participate in community fitness and activity events to support the development of lifelong fitness habits Through Designing and Teaching Fitness Education Courses teachers will be able to provide appropriate fitness activities that will lead to the elevated health and wellness of students and a greater appreciation for participating in lifelong activities Note A code for accessing HKPropel is included with all new print books Lesson Planning for High School Physical Education MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use These innovative plans are great for fostering physical literacy in your students The book also provides guidance on how to plan effective lessons that align with SHAPE America's National Standards and Grade Level Outcomes for K-12 Physical Education **Health and Physical Education for Elementary Classroom Teachers** Retta R. Evans, Sandra K. Sims, 2025-04-02 In elementary schools across the United States many teachers tasked with teaching health education or physical education have not had specific training in these areas Health and Physical Education for Elementary Classroom Teachers An Integrated Approach Third Edition With HKPropel Access is the perfect resource to equip both future and current educators with the essential knowledge and skills to teach these subjects Written by respected educators and health and physical education advocates the third edition is based on the most recent national health education and physical education standards from both the National Consensus for School Health Education and SHAPE America Along with the relevant state specific academic standards these standards provide critical guidelines to help educators improve lesson outcomes and empower elementary children to become healthy and active The third edition provides updated statistics on child and adolescent health related indicators and it includes new and expanded content on the following topics Meaningful physical education experiences Universal design for learning Best practices for school connectedness Antibullying and antiharassment strategies Physical activity breaks and class behavior management strategies Healthy People 2030 indicators Health and Physical Education for Elementary Classroom Teachers is organized into two parts Part I focuses on the foundational knowledge needed for teaching health and physical education It addresses risky behaviors relevant to today's generation of students the impact of children's physical growth on learning and decision making and the characteristics and benefits of a high quality physical education program It also includes the Whole School Whole Community Whole Child model to facilitate schoolwide collaboration that connects education to wellness Part II emphasizes the strategies necessary for incorporating health physical education and physical activity into the curriculum and school day It discusses how teachers can become advocates of healthy and active schools identify habits that promote everyday health in the classroom and incorporate physical activity and the national standards into each school day It also presents teaching methods assessment tools and evaluation strategies to ensure teaching success In addition the book features valuable lab exercises to help teachers apply the concepts and practice designing their own standards based lesson plans Plus related online learning

materials delivered through HKPropel include key terms and review questions as well as sample integrated activity plans for each of the four physical education standards and each of the eight health education standards Health and Physical Education for Elementary Classroom Teachers Third Edition provides the essential knowledge and strategies to seamlessly incorporate health education and physical education into an integrated curriculum Note A code for accessing HKPropel is not included with this ebook but may be purchased separately

*The Essentials of Teaching Physical Education* Stephen A. Mitchell, Jennifer L. Walton-Fisette, 2022 The Essentials of Teaching Physical Education Second Edition delivers the vital information future and current physical educators need to know with a focus on social justice and equity issues It uses a standards based teaching for learning approach and helps readers develop the skills in planning management teaching and assessment they need to begin successful careers

**Fitness for Life** Guy C. Le Masurier, Charles B. Corbin, Meg Greiner, Dolly D. Lambdin, 2010 Fitness for Life Elementary School is an innovative multimedia package that facilitates total school involvement by using physical education lessons classroom activities and discussions recess before and afterschool activities and even family nights to deliver appropriate physical activity as well as concepts to promote health related fitness and active lifestyles

*Lesson Planning for Elementary Physical Education* Shirley Holt/Hale, Tina J. Hall, 2016-02-29 Elementary school physical educators looking for expert guidance in designing lessons that are aligned with SHAPE America's National Standards and Grade Level Outcomes need look no further Lesson Planning for Elementary Physical Education works in tandem with SHAPE America's National Standards Grade Level Outcomes for K 12 Physical Education and The Essentials of Teaching Physical Education to provide the knowledge base and practical strategies for creating high quality elementary physical education curricula

**Key Benefits** Written by master teachers and edited by the team who oversaw the creation of the National Standards and Grade Level Outcomes Lesson Planning for Elementary Physical Education is endorsed by SHAPE America The text has the following features

- 65 lessons that foster the achievement of physical literacy for children in grades K 5
- Numerous learning experiences that engage students in the psychomotor cognitive and affective domains
- Curriculum design based on student growth
- Sequential lessons leading to mature patterns of motor performance
- An introductory chapter on the key points for the grade span putting the lessons in context and providing a road map for planning curriculum units and lessons
- Instruction on creating high quality lessons that reach the desired objectives
- Flexible Lessons Teachers can use the lessons as presented or modify them to meet local needs
- The lessons provide a structure for teachers to follow in developing their own learning experiences and curricula
- For PE majors and minors the lessons provide the ideal starting point in learning how to plan and deliver effective lessons to become proficient teachers not just managers of activity
- In addition all lessons and learning experiences reflect best practices in instruction and include scripted cues

The text shows readers how to effectively develop their own lessons and teachers can use those lessons to show their administrators that their program is designed to meet the specific outcomes developed by SHAPE America

Web Resource

Lesson Planning for Elementary Physical Education is supported by a web resource that contains digital versions of all the lesson plans in the book Teachers can access the lesson plans through a mobile device and they can download the plans to use later or to print Overview of Contents Part I of the text offers readers a solid foundation in lesson planning The authors explore the elements of planning lessons for student learning show how to meet the National Standards and Grade Level Outcomes and guide readers in making the most of every lesson In part II readers have access to K 5 lesson plans in health related fitness movement concepts locomotor skills nonlocomotor skills and manipulative skills for elementary physical education Lesson Structure Each lesson corresponds to a category of the outcomes In addition the lessons provide deliberate progressive practice tasks and integrate appropriate assessments for evaluating and monitoring student progress and growth Great for Current and Future Elementary Teachers Lesson Planning for Elementary Physical Education offers teachers the tools and resources they need in order to guide students toward physical literacy and physically active lifestyles throughout their adult lives And it does so by aligning with SHAPE America's National Standards and Grade Level Outcomes As such this is a great resource for both current and future elementary physical education and classroom teachers

**Putting Research to Work in Elementary Physical Education** Lawrence F. Locke, Dolly Lambdin, 2003 Features 30 clear summaries of studies on elementary physical education instruction class management program design workplace conditions and more Includes practical tips for navigating the typical research report to improve the ability of teachers to glean new ideas and useful facts from research Shows the differences between the vantage point of the researcher and that of the teaching practitioner and how to find the common ground between the two Covers new teaching strategies measuring instruments and program alternatives and how to think about teaching physical education in more sophisticated ways This textbook and reference provides teachers with valuable insights for using research to improve their teaching Putting Research to Work in Elementary Physical Education Conversations in the Gym lets readers eavesdrop on a career long conversation between a well known scholar and a top notch teacher who have a combined 75 years of professional physical education experience Together they take a close look at 30 studies to help educators learn how to glean valuable information from research The book opens a window into the minds of 69 scholars as they puzzle about teachers students and programs Readers do not need a highly technical vocabulary advanced scientific or mathematical knowledge or a detailed background concerning research methods The authors have provided translations in the form of brief nontechnical annotations that teachers and other nonresearchers will actually enjoy reading Each study is briefly described and then commented on from a researcher's perspective a teacher's perspective and finally a shared perspective The 30 reports address important practical issues recognizable to anyone familiar with what happens in a physical education class The book shows how the studies can be useful to teachers in their own work and it points out how valuable information from research can be used to improve teaching The book also demonstrates how stimulating and fruitful dialogue can be when the knowledge of researchers and

practitioners is brought together around a single study. By discussing each study from both perspectives the book sheds light on the common ground between researchers and physical educators and fosters mutual respect between the two. The varied perspectives can also provide a valuable springboard for thought provoking discussions among colleagues in a school setting or in a graduate level physical education course. The book presents 12 guidelines that will help readers navigate through the difficult aspects of the typical research report plus four annotated bibliographies to help readers explore topics that are more specific and more advanced. No other resource makes such a diverse group of studies so accessible. If educators are to put research to work in their own teaching methods and program designs there is no better place to start than with these straightforward conversations in the gym.

**Physical Education Methods for Elementary Teachers** Katherine T. Thomas, Amelia M. Lee, Jerry R. Thomas, 2008. The authors show non specialists how to develop a realistic and workable approach to teaching physical education. The book makes physical education worthwhile, practical and fun for students and teachers. The text provides the reader with a basic physical education curriculum and suggestions for how to implement this.

Resources in Education, 1996. *Schoolwide Physical Activity* Judith Rink, 2010. Audience: Reference for K-12 PE and classroom teachers, directors, principals and administrators overseeing physical activity programs and wellness policy compliance. Text for college PE majors and elementary classroom education majors. Also a reference for community youth program leaders. Physical activity doesn't have to be confined to physical education class. Many schools are discovering the benefits of incorporating physical activity throughout the day. In fact, schools increasingly need to do so as requirements for weekly minutes of physical activity expand beyond the time available for physical education class. With *Schoolwide Physical Activity: A Comprehensive Guide to Designing and Conducting Programs*, K-12 classroom teachers and administrators will learn how to design and conduct activity programs that not only meet wellness policy requirements and goals but also motivate and encourage all students to be physically active. The premise of this innovative guide is that physical activity in schools is not the sole responsibility of the PE teacher. It is the responsibility of all administrators and teachers and is most successful when it is integrated throughout the curriculum. To that end, *Schoolwide Physical Activity* highlights the role of elementary classroom teachers in providing opportunities for physical activity and it offers an array of tools and programs for teachers to incorporate in their classrooms. At the secondary level, the book creates a vision of a good physical activity program and then shows secondary teachers and administrators how to achieve that vision. Through this text, teachers and administrators receive a blueprint for building a comprehensive and coordinated K-12 physical activity program ready to use. Activities and forms and program ideas that address both the needs and desires of all children, not just the small percentage who gravitate toward physical activity. *Schoolwide Physical Activity* comes with a CD-ROM that contains all the printable activities, forms and tools from the book and over 200 activities for classroom teachers, inclusive, transitional activities, integrated lessons and simple games and dances. The comprehensive guide includes a Web site with an instructor guide.



presentation package and test package This resource will help teachers and administrators see their roles and responsibilities in a new light and gain stakeholder support for wellness and activity programs and it will assist in coordinating efforts among all involved in providing students with safe and appropriate programs that will transform their schools into more active places for learning      **Teaching Middle School Physical Education** Michael E.

Gosset,2024-07-16 This resource supports Middle School Physical Education teachers in promoting healthy activity levels among their students both in and outside the PE facilities Its comprehensive curricular approach addresses National Physical Education standards but unlike traditional curricula encourages teaching sports and fitness as connected components instead of separate This book is rooted in the progressive Sport Education model which facilitates students personal growth with the learning of individual and team sports Fitness programming and cooperative activities are key aspects of this program Unique to this book is a section detailing what to do if students have not yet learned movement concepts and skills at the elementary level Each chapter includes a list of key concepts and review questions A rationale for the Sport Education model lesson plans sample assessments and safety considerations are provided Sample forms and documents round out the book for a seamless transition from elementary PE to the middle level Middle School Physical Education teachers and PE administrators will find this classroom tested curricular approach accessible and easy to implement As your students undergo psychomotor cognitive and affective change throughout the middle grade years this book lays out a PE program that not only acknowledges but celebrates their development and improves physical skills while working past any fitness weaknesses

**Elementary Physical Education** Rovegno,Dianna Bandhauer,2016-02-15 Includes an access code for online materials      *Complete Physical Education Plans for Grades 5 to 12* Isobel Kleinman,2009 This popular book provides loads of teacher tested lesson plans and assessment tools that will decrease your preparation time and increase your students competency After listening to requests of the first edition s users the author has packed two more popular field sports and a unique chapter on educational gymnastics into this new edition of Complete Physical Education Plans for Grades 5 to 12 Lessons can cover beginner intermediate and advanced levels and break down each skill as it is introduced The chapters also integrate the applicable rules and strategies during the learning process and use methods that will keep students active learning successful and completely motivated In addition to the clear instruction for teaching skills rules and strategies each lesson generates opportunities for students to develop physical cognitive and social skills Each unit is designed to help students gain competency appropriate for their experience level Formerly published as Complete Physical Education Plans for Grades 7 to 12 the book features exciting new material Detailed introductions of skills and how to practice the mechanics of each skill or dance Three new chapters field hockey lacrosse and educational gymnastics the latter of which includes three units that can be used in teaching both gymnastics and creative dance Complete Physical Education Plans for Grades 5 to 12 provides field tested lesson plans for 484 classes covering 18 areas of fitness creative movement and dance and sports These

professionally prepared plans will not only cut your own prep time but also help you focus on the essentials in each step of your students learning process It is a great resource when you need material for a substitute teacher or when you are asked to submit plans to your school administrator In addition to the lesson plans the book and CD ROM package contains a wealth of teaching and assessment tools including skills rubrics portfolio checklists unit fact sheets and quizzes The accompanying CD ROM enables you to print study sheets student extension projects portfolio checklists unit quizzes and answer keys You can also print out any page of the text from the CD ROM e g lessons full units tests Publisher s website      **Research**

**Quarterly for Exercise and Sport** ,2006      Quick Bibliography Series ,1976      *Developmental Physical Education for All Children* David L. Gallahue,Frances Cleland Donnelly,2007-02 Grade level 1 2 3 4 5 6 7 k p e i t      **Food Service** Rebecca Thompson,1991

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