



## **SAMPLE LESSON PLANS**

### **Health Smart Virginia - Sample Lesson Plan**

**Grade: 3<sup>rd</sup>**

**Unit: Fitness**

**SOLs:**

**3.3 The student will describe the components and measures of health-related fitness.**

- a) Explain the health-related components of fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).
- b) Identify one measure for each component of health-related fitness.
- c) Demonstrate one activity for each component of health-related fitness.

**Title: Touchdown Fitness**

**Objectives/ Goals:**

The student will ...

- Perform and identify exercises from varying health related fitness components to include cardiorespiratory endurance, muscular strength and endurance, and flexibility
- Work cooperatively with team and among classmates to achieve activity goal

**Materials:**

- Clearly mark “yard lines” from 5-100 in learning space where students can see where to advance to.
- 6 different color cones
- 6 Exercise sheets

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## **Procedure:**

### Introduction:

- Teacher should review the components of health related fitness and review examples of exercises within each.

### Description:

- Teacher should break class into 6 teams. Each team is represented by a different color to match their cone. The cone is that teams "player" that advances up the yard lines. This game can be cooperative or competitive.
- Teacher will pass out exercise sheets. On signal, students will complete one exercise in its entirety before moving onto the next. When an exercise is completed the correct number of reps by EACH person in the group, the team can advance their player (cone).
- Teams repeat this until either another team has won or until they reach the end zone.
- Teams can earn extra points if they can identify what health related fitness component each exercise falls under by writing it next to the exercise on their sheet.

### Closure:

- Review health related fitness components and have students name exercises from the lesson that fall under each category.
- Review ways we can measure our health related fitness (fitness tests)

## **Assessments:**

- Assess formatively through teacher observation
- Collect team papers (attached)

## **References & Sources:**

- [https://www.focusedfitness.org/InformationMaterials/54L\\_1871\\_Basic%20Program\\_Sample\\_2016.pdf](https://www.focusedfitness.org/InformationMaterials/54L_1871_Basic%20Program_Sample_2016.pdf)

NAMES: \_\_\_\_\_ DATE: \_\_\_\_\_

## **TOUCHDOWN FITNESS**

*Each team member must complete the total number of reps for each exercise in order for your team to advance your player. For extra points, write down the correct health related fitness component beside each exercise.*

1. 20 mountain climbers
2. 20 second plank hold
3. Jog 1 lap
4. 10 push ups
5. 30 seconds of sit-ups (how many can you do?)
6. 30 second hamstring stretch  
-Bend over reaching for toes with legs straight
7. 20 cross jacks
8. 20 trunk twists
9. 20 crab kicks
10. 30 seconds of push-ups (how many can you do?)
11. Sprint 1 lap
12. 15 second quadricep stretch each leg  
-Balance on one foot, keep knees together, hold shoe of foot as you pull it back
13. 15 tricep dips
14. 20 calf raises
15. 20 second elbow plank
16. 10 high knees in place
17. 15 second shoulder stretch each arm
18. 15 second Warrior pose right and left
19. 10 star jumps
20. 15 leg squats

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