Health Smart Virginia - Sample Lesson Plan
Grade 5th

Unit   **Fitness Goal Creation**

SOLs:

- 5.3 B- Compare and analyze fitness data to health-related criterion-referenced standards (Virginia wellness-related fitness standards, Fitnessgram®, CDC guidelines) to assess levels of **personal fitness and identify strengths and weaknesses.**

Title: **Fitness Conferences**

Objectives/ Goals:

[Students learn to analyze their personal fitness data]

- Students will analyze their personal fitness data.
- Students will begin thinking about what they want to do for their personal fitness goal.

Materials:

[Equipment and Set Up]

- Fitness Gram fitness reports for each student

Procedure:

Intro- Discussion should cover:

- State the objective for the class. Tell students about the end goal (writing a personal fitness plan). Make sure everyone knows that during their conference time is when they should ask any specific questions about their test scores.

Description-

Plan an activity like stations that can run effectively while the teacher engages with individual students. Call students over 1 at a time to review their fitness data.

During the conference: Review the student's strengths and weaknesses from the pre-test. Show students where their scores compare to the healthy fitness zone. Review their recording sheet from the exercise intensity lesson to ensure they understand the concept and know how to evaluate/record their intensity level. Lastly, ask the student if they know what area of fitness they want to focus their goal on. Start the student thinking about an appropriate target score that would make them work, but would also be realistic.

Closure
- Remember to think about what you want your fitness goal to focus on. Next class we will be writing goals!

Assessments, References & Sources:

Resources:
- https://pftdata.org/files/hfz-standards.pdf

Assessments:

Student fitness goals will be the assessment for this lesson

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