



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 5th

Unit Fitness Goal Creation

SOLs:

- 5.3 C- Create a **basic personal fitness plan** for at least **one health-related component of fitness**, to include baseline fitness data, SMART goal, activities that will address the goal, log of activities inside and outside of school, reassessment data (post-data) and **reflection of goal progress/attainment**.
- 5.3 D- Explain the FITT (frequency, intensity, time, and type) principle.

Title: Fitness Goals

Objectives/ Goals:

- [Students will write their own SMART goal]
- Students will write their own SMART goal
- Students will create a personal fitness plan to help them achieve their goal using the FITT principle

Materials:

- [Equipment and Set Up]
- Student Goal Templates (attached below)

Procedure:

Intro- Discussion should cover:

- Demonstrate how to fill out the template. Be sure to discuss appropriate target scores

and make sure students know their workout plans need to be as specific as possible. Students need to say what specific exercise TYPE they will do, how often they will do them (FREQUENCY), for how long (TIME) and at what INTENSITY level (FIT).

- After my students write their goals, they have “fitness time” as an instant activity every day for the next 5-6 weeks. Students are encouraged to work on their goals on their own time, not just during PE, but students need to know they will have about 5 minutes per day in class to work on their fitness goals.

Description-

Students fill out the template. Teacher should be circulating and reading as many responses as possible during the time allotted. Get students to clean up any issues with their plans that the teacher is able to spot.

Closure

- You have analyzed your fitness data and created a fitness plan. Now the fun starts. You get to do the work!

Assessments, References & Sources:

Resources:

- <https://pftdata.org/files/hfz-standards.pdf>

Assessments:

Goal Sheet template attached below- make sure all students meet expectations with their goal sheets, that their fitness plan is specific, and that their workout plan is the appropriate intensity level given their personal fitness. If the plan falls short in any area, continue to work with the student until their goal sheet meets expectations.

NAME: _____

Fitness

My goal is to improve my _____ test score, which measures _____.

In the fall, my score was _____, and I hope to raise that number to _____ when we re-test

in the spring. Over the next 2 months, this is how I will work to improve my score:
