



## Health Smart Virginia - Sample Lesson Plan

Grade 4th

### Unit Fitness Goal Creation

#### SOLs:

- [4.3 C and D]
- 4.3 C- Create a **SMART (specific, measureable, attainable, realistic, timely) goal** for at least one health-related component of fitness to improve or maintain fitness level.
- 4.3 D- Identify activities that can be done at school and activities that can be done at home to **meet fitness goals**.

**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

#### 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 exercises they will do, how often they will do them and for how long (FITT).

- 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:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_