



## **SAMPLE LESSON PLANS**

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

**Grade: 4<sup>th</sup>**

**Unit: Fitness – Goal Setting (on-going)**

**SOLs:**

**4.3 The student will apply knowledge of health-related fitness, gather and analyze data, and set measurable goals to improve fitness levels**

- b) Analyze baseline data from standardized health-related criterion-referenced test (Virginia wellness-related criterion-referenced fitness standards, CDC guidelines).
- c) Create a SMART (specific, measurable, attainable, realistic, timely) goal for at least one health-related component of fitness to improve or maintain fitness level.
- d) Identify activities that can be done at school and activities that can be done at home to meet fitness goals.
- e) Analyze post-fitness testing results, and reflect on goal progress/attainment.

**Title: FITNESS DAY (Ex: Fitness Fridays or Workout Wednesdays)**

**Objectives/ Goals:**

The student will ...

- Create a SMART goal based on initial testing data
- Identify and log activities that are done at home and at school to help reach goal
- Participate in fitness related activity stations on a weekly basis to help them achieve their goals
- Analyze and edit goals as needed based on progress and post tests
- Reflect on goal sheets or journals on a weekly basis as part of station or end of class activity

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## **Materials:**

- Goal sheets
- Pencils available
- Equipment varies based on stations week to week (see attached example)
- Cones/signs to identify stations

## **Procedure:**

### Introduction:

- Teacher should designate one day a week (or every two weeks, etc. depending on schedule) as a fitness day. This could be “Workout Wednesdays” or “Fitness Friday” or just “Fitness Day” if the day has to vary. It is good for it to be set so that students know when to expect it.
- Teachers should discuss the plan with students and how things will go for the entire year to include initial fitness testing, goal setting, and stations days where students will continue to work towards, adapt, or create new goals to meet their fitness needs. Constant self-evaluation is key.
- Teacher should also describe to students that they will be doing and recording exercises and activities that they do at home and in school on the goal sheets/fitness logs.

### Description:

- On the first fitness day, students will create a goal based on their first round of fitness tests using the SMART formula.
- Students will then begin recording activities they do at home and in school that relate to their goal on their fitness logs. The fitness log becomes a part of their goal
- Each week students will participate in activity stations that target each component of fitness. Teacher will rotate groups through stations so that every group completes every station.
- One station will be goal sheets or journal writing where students will add to their fitness logs and reflect on a question a teacher has provided to reinforce fitness planning and lifelong learning from the cognitive domain.
- It is best to create due dates for goals at specific times for students so they can plan and assess effectively. New goals or modifications to previous goals are then made as the year continues.
- Allow practice fitness testing days every once in a while instead of stations so students can see how they are doing with their goals!
- This fitness model allows for a lot of flexibility, but generally speaking, consistent days and ongoing goal work with fitness logs creates knowledgeable and prepared students.
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### Closure:

- Collect goal sheets as students complete them or modify them throughout the year.
- Check in with the students often as whole class or on an individual basis if time allows for one on one meetings.

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**Assessments:**

- Assess formatively through teacher/student observations
- Collect goal sheets/fitness logs
- Fitness tests

**References & Sources:**

<https://www.focusedfitness.org/>

## **EXAMPLE STATIONS**

*All health related fitness components should be represented each fitness day*

Flexibility: Yoga Fit Poses (have pictures/descriptions out on mat), stretches

Cardiorespiratory: Line jog, Jump Rope, Dance,

Muscular Strength/Endurance: Push-Up Hockey, Scooter Abs, Bouncy Ball Bonanza,

Journal Entry Idea: What are 3 things you can do outside of school that would help improve your cardiorespiratory endurance?

Add to goal sheet: What activities have you done at home to help you meet your goal? What activities have you done at school to help you meet your goal?