



## **SAMPLE LESSON PLANS**

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

**Grade 5th**

**Unit Fitness Goal Creation**

**SOLs:**

- 5.3 D- Explain the FITT (frequency, intensity, time, and type) principle.

**Title: Exercise Intensity Stations**

**Objectives/ Goals:**

[Students are learning about exercise intensity and how it relates to the FITT principle]

- Frequency- how often you exercise
- Intensity- how hard you are working
- Time- how long you work for
- Type- the type of exercise you do

**Materials:**

[Equipment and Set Up]

- Station cards- attached below
- Student record sheets – attached below
- Jump Ropes
- Curl-up Mats
- Pull Up bar
- Colored cones to mark each station- specific colors don't matter, but make sure each station of each fitness target has the same color.

**Procedure:**

**Intro-** Discussion should cover:

- FITT- frequency = how often you exercise, intensity = how hard you work, time = how long you exercise for, type = specific exercises you do
- All 4 components are vital to a successful fitness plan
- Intensity- rate your work on a scale of 1-5 on how much the activity strained you. This is not a rating of how difficult the activity is, but of how hard you had to work to complete it.
- For an example using cardio, a rating of 1 might be a light walk. A rating of 5 would be how you feel after maxing out on the Pacer test. 2-4 are in between.
- 3 basic ways to increase intensity level: 1: increase time, 2: increase rate of movement (cardio especially) 3: increase resistance (add weight, etc.)
- Show students how to use the log sheet to record their intensity levels

### **Description-**

Each student needs their own log sheet and they need to write their name at the top.

How to use these stations: I purposefully use simple exercise activities for this with minimal equipment, but feel free to spice it up. I give students about 12 minutes to complete as many stations as they can, and I let them rotate to stations of their choosing. Some activities are designed to be low intensity, and others are designed to be high. Students must fill out their record sheets with their personal rating for the intensity level listed beside each exercise they complete.

### **Closure**

- Low intensity workouts might help you maintain current fitness, but if you want to improve, you need to do high intensity workouts with appropriate rest intervals in between (48 hours for strength building activities, stagger high intensity with medium intensity for cardio).
- 3 basic ways to increase intensity level: 1: increase time, 2: increase rate of movement (cardio especially) 3: increase resistance (add weight, etc.)
- Different students will have different results. If Sally is super fit, an activity might be a 2 for her, but the same activity could be a 5 for Timmy who is less fit.
- Which activities were highest intensity for you today?

### **Assessments, References & Sources:**

#### **Resources:**

- <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>
- <https://www.verywellfit.com/f-i-t-t-principle-what-you-need-for-great-workouts-1231593>

**Assessments:** The student record sheet is the assessment for this activity

Lesson created by Tommy Landseadel



### Cardio Station 1: Walk

Walk 2 laps around the outside of the gym at a moderate pace

### Cardio Station 2: Jog

Jog 4 laps around the gym at a slow pace

### Cardio Station 3: Jump Rope

Jump Rope as quickly as possible for 1 minute

### Cardio Station 4: Shuttle Run

Sprint back and forth between the baseline and the half court line 5 times.

### Cardio Station 5: Line Jumps

Do as many line jumps as you can in 30 seconds

Upper Body Strength 1: 5 push-ups

Do 5 hand release push-ups or 5 regular push-ups

Upper Body Strength 2: max push-ups, 1 set

Do as many push-ups as you can

Upper Body Strength 3: Max push-ups, 3 sets

Set 1) Do as many push-ups as you can, then rest for 1 minute

Set 2) Do as many push-ups as you can, then rest for 1 minute

Set 3) Do as many push-ups as you can

Upper Body Strength 4: Pull-Ups, 2 sets

Set 1) Do as many pull-ups as you can, then rest for 1 minute

Set 2) Do as many pull-ups as you can

Upper Body strength 5: Straight Arm Plank

Hold a straight arm plank for 30 seconds

Upper Body Strength 6: Strength circuit

Activity 1: Do 15 push-ups, then rest for 30 seconds

Activity 2: Do 15 Burpees, then rest for 30 seconds

Activity 3: Do 15 Dips, then rest for 30 seconds

Activity 4: Do 30 seconds of flexed arm hang

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## Core Station 1: Planks

Hold a forearm plank for 30 seconds

## Core Station 2: Curl-ups

Do as many curl-ups as you can (limit 50)

## Core Station 3: Curl-ups, 3 sets

Set 1: Do 50 curl-ups (or as many as possible), then rest for 1 minute

Set 2: Do 50 curl-ups (or as many as possible), then rest for 1 minute

Set 3: Do 50 curl-ups (or as many as possible)

## Core Station 4: Core tabata circuit

Activity 1: Hold 6 inches for 20 seconds, then rest for 10 seconds

Activity 2: Hold forearm plank for 20 seconds, then rest for 10 seconds

Activity 3: Hold boat for 20 seconds, then rest for 10 seconds

Activity 4: Hold banana pose for 20 seconds, then rest for 10 seconds

Activity 5: Hold superman pose for 20 seconds

Flexibility 1: Dynamic Stretch circuit (this must be your first flexibility station)

Activity 1: High knees for 15 seconds

Activity 2: butt kickers for 15 seconds

Activity 3: Walking lunges for 15 seconds

Activity 4: External Knee rotations for 15 seconds

Flexibility 2: Butterfly stretch

Hold a butterfly stretch for 30 seconds

Flexibility 3: Hurdler Stretch

Hold a hurdler stretch for 20 seconds on each leg

Flexibility 4: Hurdler Stretch Sets

Set 1: Hold a hurdler stretch for 20 seconds on each leg, rest for 10 seconds

Set 2: Hold a hurdler stretch for 20 seconds on each leg, rest for 10 seconds

Set 3: Hold a hurdler stretch for 20 seconds on each leg,

Flexibility 5: Partner straddle

One partner starts with legs outstretched straight in front, and they reach as far as they can toward their toes. The second partner sits with either their knees or feet providing resistance against the stretching partner's feet, and they grab the stretching partner's hands and gently and slowly help them reach an inch or two further than they could on their own. Switch after 20 seconds. Repeat.

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