



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 Log Intro

Objectives/ Goals:

- [Students will learn how to log their fitness activities]
- Students will learn how to record their activities on their fitness logs
- Students will practice procedures for getting logs out, and putting them away

Materials:

- [Equipment and Set Up]
- Student Fitness Logs (attached below)

Procedure:

Intro- Discussion should cover:

- Demonstrate how to fill out the template.
- Students have “fitness time” as an instant activity every day for the next 5-6 weeks. Students are not able to use any PE equipment during that time without specific

permission from the teacher. Expectations are that students will work on their fitness goal, then get their record sheet and log any work they have done on that day, or at home between PE classes.

Description-

Time frame: Try to time this activity so that the end of the time period where students will have class time to work on fitness goals right up to spring post-tests.

How to Use Logs: Students should record the specific exercise activity they did under the “type” column. In the “time: column, they can record how long they did the activity for if running or another time bound activity. If it is a strength building activity like push-ups, students should record the # of reps and sets. In the “intensity” column, students need to record their rating of 1-5 for that day’s activities. It is important students provide an accurate account here. If the intensity level dips to a 3 or lower, it is time to ramp up by either adding reps, going for a longer time, or moving at a faster pace.

Students get their logs, Do their planned activity and make their first log entries.

Note- be sure to monitor student logs and talk with students about their progress throughout the process. It also helps to create an incentive for students who meet minimum standards on their projects. We always do a spring water day for students who met our minimum entry requirement AND showed improvement on their fitness test of choice.

Closure

- Any questions about the process?
- Review things you saw that worked well and make sure to call attention to individuals you saw working hard

Assessments, References & Sources:

Resources:

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

Assessments:

Fitness Log template attached below

Name: _____

Date	Exercise Type	Time (or # of reps)	Intensity (1-5)