**Fitness Friday Ideas**

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| March. 18 (Friday) | Fitness Friday  (60 mins) | A  B  C  D | A9-13  B9-7  C9-3  C9-6  D9-3 | Students will…  LO 1 (A9-13): individually participate in activity specific skills regarding fitness  LO 2 (B9-7): monitor, analyze and asses fitness changes after physical activity  LO 2 (C9-3): demonstrate fair play, follow rules of activity, and shows proper etiquette  LO 3 (C9-6): demonstrate positive behaviour that shows respect for self and others  LO 4 (D9-3): follow routines, rules, and procedures of safety in a variety of activities  LA1🡪 Heart rate discussion, take heart rate  LA2🡪 Warm up: Buffalo run  LA3🡪 Cardio Ship to Shore  LA4🡪 Cardio Stations  Heart rate and RPE Chart | Daily (PACE) mark *(C9-3, C9-6, D9-3: of)*  Heart Rate Sheet *(B9-7; of)* | Know your maximum heart rate | Direct Instruction  TGFU  PSI | Music  Pylons  Heart Rate Sheet  RPE Chart  Skipping Ropes  Station equipment | Music  Turning fitness into games will motivate students  Using stations at a set time (1 minute) will increase participation |

Team Push up: <https://www.pinterest.com/pin/144044888060161707/>

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| PE 10 ONLY  April. 8 (Friday) | Fitness Friday  (60 mins) | B  C  D | B10-2  B10-7  C10-3  C10-6  D10-3 | Students will…  LO 1 (B10-2): evaluate their heart rate throughout various physical activities  LO 2 (B10-7): understand the consequences of associated with an inactive lifestyle  LO 3 (C10-3): demonstrate fair play, follow rules of activity, and shows proper etiquette  LO 4 (C10-6): demonstrate positive behaviour that shows respect for self and others  LO 5 (D10-3): follow routines, rules, and procedures of safety in a variety of activities  Warm up: Cigarette chain tag (ask students how smoking effects physical activity)  LA1🡪 Fitness station games  \*Students will evaluate their heart rate after every activity (is it in the target heart rate zone?)  Stations: ACTIVE bingo, human hungry hippos, extreme duck duck goose, rob the nest, lacrosse shuttle pass, flip flop  Cool Down: Group stretch-think, pair, share (Explain the risks/consequences of an inactive lifestyle) | Daily (PACE) mark *(C30-3, C30-6, D30-3: of)*  Group Discussion *(B10-7: as, for)*  Heart Rate Sheet *(B10-2: of)* | Do not go on bleachers  Adequate spacing for students  No obstructions on playing area  Know maximum heart rate  Check Equipment | TGFU  PSI | Music  ACTIVE bingo sheets  Balls  Lacrosse Sticks  Hula Hoops  Beanbags | Music  Fitness Games  Group discussion |