**Fitness Friday Ideas**

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| March. 18 (Friday)  | Fitness Friday (60 mins)  | ABCD | A9-13B9-7C9-3C9-6D9-3 | 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 etiquetteLO 3 (C9-6): demonstrate positive behaviour that shows respect for self and othersLO 4 (D9-3): follow routines, rules, and procedures of safety in a variety of activities LA1🡪 Heart rate discussion, take heart rateLA2🡪 Warm up: Buffalo runLA3🡪 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 InstructionTGFUPSI  | MusicPylonsHeart Rate Sheet RPE ChartSkipping RopesStation equipment  | MusicTurning fitness into games will motivate studentsUsing 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) | BCD | B10-2B10-7C10-3C10-6D10-3 | 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 lifestyleLO 3 (C10-3): demonstrate fair play, follow rules of activity, and shows proper etiquetteLO 4 (C10-6): demonstrate positive behaviour that shows respect for self and othersLO 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 flopCool 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 bleachersAdequate spacing for studentsNo obstructions on playing areaKnow maximum heart rate Check Equipment  | TGFU PSI | MusicACTIVE bingo sheetsBallsLacrosse SticksHula HoopsBeanbags  | Music Fitness Games Group discussion |