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| **Focus**  | **B30-2** Students will exert a vigorous effort to achieve a higher level of personal fitness. |

**Physical Education Lesson**

Grade: 20/30 Unit/Lesson: Fitness Friday

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| **Introduction/Warm Up*** Welcome to Fitness Friday! Go over PACE Mark
* Today we are going to focus on heart rate. Take resting heart rate
* How do we get our target heart rate? 220-age x0.5 and x0.9 🡪 101-181
* Kate Andrews Warm up

Transition: Pick two students to set up pylons in a rectangle and one hula-hoop by a cone.  | **Notes:**  |
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| **Learning Activities/Teaching Strategies**LA 1: Rock paper scissors race (10 minutes) * When playing this game I want you to be thinking of your heart rate, try to increase to get into the target HR zone
* Students start on the first cone, they find a partner and complete a game of rock, paper, scissors. The student who wins progress to the next cone, the student who loses stays at that cone until they have won a game
* Students will run, jog, or walk to the cones
* Once students complete a lap they will pick up a popsicle stick
* The students with the most popsicle sticks at the end of the race are the winners
* Progressions: Allow students to walk after running for a certain amount of laps, modify locomotor movements (running, skipping, hopping, jumping)

Transition: Freeze! Take your heart rate. Go get a drink LA 2: Tic Tac Toe (10 minutes) * Objective is to have three pinnies in a row
* There will be six hula-hoops set up like a tic tac toe board far away from the students
* Split into two teams the students will run, one at a time, and place their color of pinnie in a hula hoop
* Play with the whole class to start (2 teams) then split and have two games going (4 teams)

Transition: Get heart rate; is it in the target heart rate zone? LA 3: Just Dance and Zumba (25 minutes) * Using our NEW projector I will put on some just dance songs – students will follow along to the moves
* After just dance I will play Zumba videos for the students to follow along

Sponge: Cat and Mouse, Monarch |  |
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| **Cool Down**Deep Breaths – Monitor your heart rate, what number are you at on the RPE Chart? Did you raise your heart rate today? What are you going to do over the weekend to raise it? * Have a great weekend! See you Monday!
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