

# Fitness Friday: Station Determination

GRADE LEVEL 6<sup>th</sup>-8<sup>th</sup>



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PED 431

5/2/12

### LESSON CONTEXTUAL INFORMATION

<b>Lesson Title:</b> Fitness Friday: Station Determination		<b>Grade:</b> 6-8 <sup>th</sup>
<b>Skill Level:</b> Intermediate	<b>Time Required:</b> 50 minutes	<b>Day in Unit:</b> N/A
<b>Content Standards addressed within this lesson:</b>  Standard 1: Demonstrates competency in motor skills and movement patters needed to perform a variety of physical activities  Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity		
<b>Lesson Objectives:</b> <ul style="list-style-type: none"><li>• <b>Psychomotor (Standard 1)-</b><ul style="list-style-type: none"><li>▪ The students will demonstrate various fitness skills during station work activity called “Station Determination”</li></ul></li> <li>• <b>Affective (Standard 5)-</b><ul style="list-style-type: none"><li>▪ The students will demonstrate personal responsibility by:<ul style="list-style-type: none"><li>-Following safety rules</li><li>-Listening to instruction</li><li>-Following the rules during fitness activity</li></ul></li></ul></li></ul>		
<b>Student Characteristics:</b>  Psychomotor: <ul style="list-style-type: none"><li>▪ It is important to remember that each student develops at varying rates and speeds, so make sure your expectations are appropriate.</li></ul> Cognitive: <ul style="list-style-type: none"><li>▪ Middle school students are intensely curious so it is very important to make sure you explain everything thoroughly and explain what they will be doing and why they are doing it. They also favor interaction with their peers during learning activities so make sure to have activities that involve interaction. Though, do not let their egocentric personalities overtake the class.</li></ul> Affective: <ul style="list-style-type: none"><li>▪ In middle school, students are easily offended and sensitive to criticism, so make sure to give appropriate feedback to students. Also, watch for inconsistent behavior. They want to know that you accept them. Also, be aware that questions are asked frequently so you always need to be on your toes and knowledgeable in what you are teaching.</li></ul>		

**Pre-Requisite skills or knowledge needed for success:**

- Background in the skills that are expected of the students to perform during the activity. For the skills they do not know, demonstrate the skills to the students.

**Adaptations and/or extensions to accommodate individuals in this lesson:**

- If students are struggling with a particular fitness activity, give them a different variation of the skill to perform that will still focus on and accomplish the task I want them to complete. Ex: Bicycle/waddle crunch—Regular crunch
- If students are excelling and need more of a challenge, give them a more challenging variation of the skill to perform that will still focus on and accomplish the task I want them to complete. Ex: Regular crunch—full body crunch

**Management issues for this lesson:**

- All classes will be doing the lesson together, so be sure to use a loud voice (microphone if needed) so everyone can hear instructions
- Group students by number in squads for applied activity

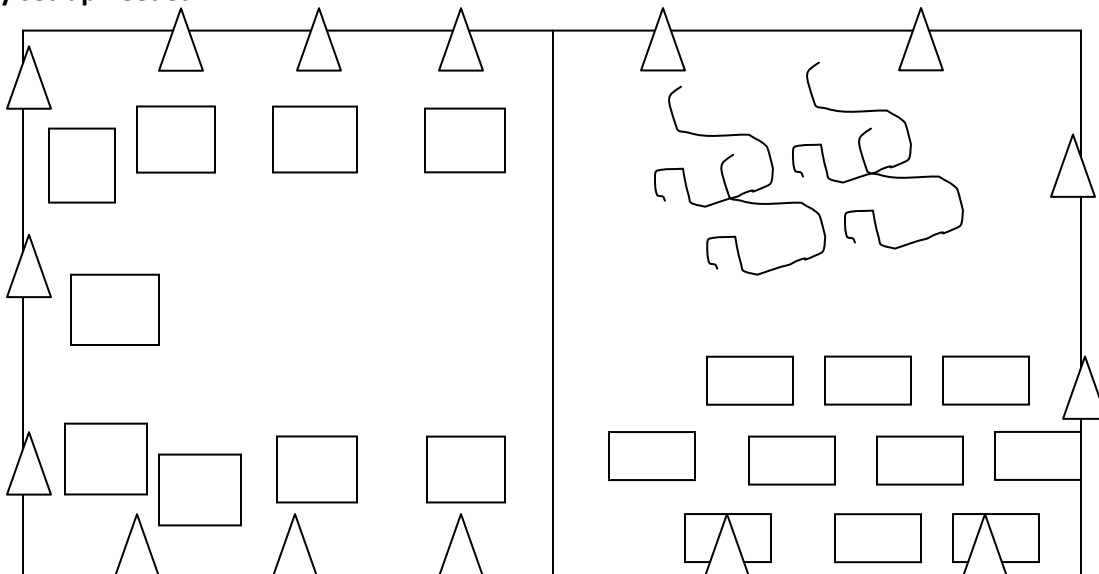
**Safety issues for this lesson:**

- Be sure to address that during the warm-up that students will always start with a “red” activity, meaning that they will always do an activity around the perimeter of the gym first when they come out of the locker room so they are not cutting people off
- Be sure to address space issues. Especially with jump ropes.

**Equipment and/or supplies needed:**

- Station signs
- Mats
- Cones
- Clock/Score board
- Aerobic steps
- Jump ropes

**Facility set-up needed:**



**BASIC LESSON PLAN FORMAT FOR DIRECT INSTRUCTION**

<b>Time:</b>	<b>Instruction:</b>	<b>Management/Cues:</b>
<b><u>6 Minutes</u></b>	<b>Welcome and overview:</b> <ul style="list-style-type: none"> <li>• Welcome students</li> <li>• Take attendance/Make up's</li> <li>• Explain new warm up again for refresher</li> <li>• Have them go get dressed</li> </ul>	Locker room supervision
<b><u>~8 minutes</u></b>	<b>Fitness activity:</b> <ul style="list-style-type: none"> <li>• Jog (1)</li> <li>• Kick and Touch (19)</li> <li>• Shuffle (1)</li> <li>• Arm Circles Forward (25)</li> <li>• High Knees (25)</li> <li>• Butt Kicks (1/2)</li> <li>• Arm Circles Backward (25)</li> <li>• Karaoke (1)</li> <li>• WALK (Non-terminal)</li> </ul>	Have projected up on wall from iPad using apple tv  Count a couple of students to see if they are completing all of the fitness warm up activities  Once finished, place students at home base according to the number they are in squads
<b>Lesson focus:</b>		
<b><u>1 minute</u></b>	<b>Anticipatory set:</b> <ul style="list-style-type: none"> <li>• Fitness activity similar to one students have done before with some changes.</li> <li>• This is called "Station Determination". I want students to be determined to do their very best while going through these various fitness activities today in their groups!</li> </ul>	
<b><u>1 minute</u></b>	<b>Review if needed:</b>  Review fitness skills that students know how to perform: <ul style="list-style-type: none"> <li>• Jumping jacks (arms up)</li> <li>• Jump rope</li> <li>• Aerobic steps</li> <li>• Crunches</li> <li>• Push-ups</li> <li>• Shoulder Taps</li> <li>• Mountain Climbers</li> <li>• Elbow Holds</li> <li>• Line Jumps</li> </ul>	Make sure to face all students

<p><b><u>2 minutes</u></b></p>	<p><b>Instruction/demonstration and/or explanation:</b></p> <p>Bicycle Crunch:</p> <ul style="list-style-type: none"> <li>• Lay down on back</li> <li>• Bend knees</li> <li>• Extend one leg straight out without touching floor</li> <li>• Reach opposite elbow over toward extended knee</li> <li>• Switch Legs/Arms</li> <li>• Repeat</li> </ul> <p>Waddle Crunch:</p> <ul style="list-style-type: none"> <li>• Lay down on back</li> <li>• Bend knees</li> <li>• Extend arms straight out at sides</li> <li>• Reach (waddle) with one arm and touch toes</li> <li>• Bring back to starting position</li> <li>• Reach (waddle) with other arm and touch toes</li> <li>• Repeat</li> </ul>	<p>Make sure to face all students</p>
	<p><b>Guided practice:</b> N/A</p>	
	<p><b>Individual/partner practice:</b> N/A</p>	
	<p><b>Drills/practice:</b> N/A</p>	
<p><b><u>25 minutes</u></b></p>	<p><b>Applied activity:</b></p> <p>Students will switch off and on working on stations at home base for 1 minute and then running for 1 minute for 18 minutes total. They watch the clock to know when to switch. The last two minutes they will all run together.</p> <ul style="list-style-type: none"> <li>• <u>Running</u></li> <li>• <u>Home Base:</u></li> </ul> <p style="text-align: center;"><i>Push-ups/Shoulder Taps</i></p> <p style="text-align: center;"><b>Crunches</b></p> <p style="text-align: center;"><b>Mountain Climbers</b></p> <p style="text-align: center;"><i>Elbow Holds</i></p>	<p>Grouped by the number they are in their rows</p> <p>Walked around and give feedback, encourage students</p>

	<p>Line Jumps  Jump Rope  Aerobic Steps</p> <p><i>Jumping Jacks</i>  Bicycle/Waddle Crunches</p>	
	<p><b>Equipment management:</b></p> <ul style="list-style-type: none"> <li>• Have equipment set up before students arrive to class</li> <li>• If students are messing with equipment while sitting in squads or during warm up, ask them to stop</li> </ul>	
<u>1 Minute</u>	<p><b>Lesson closure:</b></p> <ul style="list-style-type: none"> <li>• Tell them how they did</li> <li>• Remind them they will be doing bicycle/waddle crunch during warm ups on occasion</li> <li>• Tell students to get dressed</li> </ul> <p>Review-Remind-Recognize-Reinforce-Reward</p>	

