Wachter Middle School-6th Grade PE

Fall 2018

**Lesson:** Crossfit Training-*“FITNESS FRENZY”*

**Grade Level**: 6th

**Facility:** Indoors/Outdoors (either)

**Materials:** 4-6 different length Jump ropes, Gym, boxes (for step-ups), battle ropes, Papers with signs explaining what to do at each station, stop watch or specific tabata app on phone.

**Standards:**

*S3.M1.6*: Describes how being physically active leads to a healthy body.

*S4.M5.6*: Cooperates with a small group of classmates during activities, game play or team-building activities.

*S5.M3.6*: Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help or feedback, or modifying the exercises.

**Objectives:**

- The students will improve their personal fitness from both the strengthening and aerobic/anaerobic standpoints by properly executing the various exercises.

- The students will show they understand how to modify the workout by reading directions on the signs at each station.

- The students will be able to challenge themselves, both mentally and physically, to improve their physical fitness.

***Learning Expectations***
Students will work on the 5 Components of Fitness, exercising in their Target Heart Rates, and continue to develop an appreciation for person fitness activities in class and in their personal lives.
***Student Responsibility***
Each day students will have the option of working out in the cardio room, weight room, or both rooms. CARDIO ROOM ACTIVITIES – Jump ropes, ab work outs, spin bikes, recumbent bikes, tread mills, and elipticals. WEIGHT ROOM ACTIVITIES – dot drills, agility ladders, plyometric options or a personal weight/band/medicine ball/fitness work out with the teachers approval.
***Academic Accountability***
Each day students will keep a record log of any activities that they did including a check list of any of the 5 Components of Fitness they worked on. Students may be assessed with heart rate monitors to check for target heart rates and/or pedometers to check for distance covered. Students participation/performance, skills, strategies and sportsmanship will also be observed each day.
**Activity for the Day**
Students will be lifting their specific program in class.

Pedometers and heart monitors will be used often. Why this course is important: Students will gain the knowledge and understanding of physical fitness principles as well as individual and team sport skills so that they can lead an active, healthy lifestyle.