LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Seventh Grade	Fitness	Pacer & Team Handball	MP3 player, Markers, Chalk, stop watches, print out W1

<u>Objectives</u>

The Students will:

- 1. Use the Pacer test to measure CV endurance.
- 2. Develop long term and short term goal for their CV endurance.
- 3. Describe what activities improve CV endurance and which activities they prefer.
- 4. Understand training heart rate for being in the aerobic zone.
- 5. Legally advance the ball in team handball.
- 6. review the differences between basketball or soccer rules and those for team handball.
- 7. Have fun, be safe, do their best and be respectful.

Benchmarks Addressed

2.3 Use information, feedback, and practice to set goals for skill improvement.

- 3.1 Assess muscle strength, muscle endurance, aerobic capacity, flexibility, and body composition using the Statemandated fitness test.
- 3.2 Evaluate individual physical fitness measures in relationship to patterns of physical activity.
- 3.3 Develop individual goals for each of the five areas of fitness based on research-based standards.
- 3.5 Participate in moderate to vigorous physical activity a minimum of 4 days per week.
- 4.2 Identify physical activities that are effective in improving each of the health-related fitness components.
- 4.3 Match personal preferences in physical activities with each of the five areas of health-related fitness.
- 4.4 Explain the effects of physical activity on heart rate and recovery rates.
- 4.7 Explain progression, overload, and specificity as principles of exercise.
- 5.2 Accept responsibility for individual improvement.

Activity	Time (Minutes)	Procedure	Comments/ Diagram
Intro	3	Collect pedometers, explain lesson, set realistic, but achievable step goals.	Journals: Step goal.
Part 1	12	Begin with squads practicing their routines to the music. Assist students who may need additional help. Look at their routine to see who may be ready to lead the class.	
Part 2A	3	 Who can tell me what component of fitness the pacer test assesses? Cardiovascular, yes, so what specific exercises must we mo to train this specific area of fitness? What activities improve cardiovascular fitness? Brainstorm. How fast should your heart be beating (bpm) to be in the aerobic training zone? What is your favorite cardiovascular activity? What are the benefits of having good cardiovascular endurance? How many times a week should you do moderate to vigorous exercise? Handout HFZ chart (W1) Have students fill in the scores they need to be in the HFZ for the pacer. Explain that they are not graded on their scores. Let them know that we are assessing now for them, so they can see how fit they are and work out what they can do to improve their fitness. 	(If the students have journals it is a good idea to have students write the answer in their journal.) Print out: W1
Part 2 – Perform test	15	Cardio-Vascular Endurance	You may only have time for on partner per class. If so split lesson across two classes.
		The Pacer Test (Progressive Aerobic Cardiovascular Endurance Run)DIRECTIONSSplit the class into partners and explain that they are coach and athlete and they will take it in terms to perform the test and then trade over roles. Have the students meet as two groups and read aloud the 5 guidelines for their position. RolesCoachAthlete	

If you have any feedback on the lesson please email me at <u>brummiejo@msn.com</u>. Thanks, Jo.

		1. Verbally encourage.1. Run to the line before each beep.2. Tell athlete their score each time they come back to their line.2. Listen to the coach.3. Tell athlete when they are late to the line.3. Try to stay in as long as possible4. Tell athlete when to stop test and begin active recovery.4. Tell athlete when to stop test and begin active recovery.4. Stretch hamstrings and quadriceps & Fill in your score on the fitness chart.Use the Class record sheet to record student scores.5. Stretch hamstrings and quadriceps & Fill in your score on the fitness chart.	
Part 3 Team Handball	10	Team HandballIntroduce team handball to your students and tell them it has a big following outside of this country. Explain that in Physical Education this year they will be using various games to practice and improve their skills. Let them know they already have learned the skills necessary to play this game, so instead of focusing on skills development, you will just point the way, tell them how things differ a little, and let them adapt on their own with the help of their teammates. Team handball uses a lot of soccer skills, as long as a player can move the ball without 	
Closure	2	 Have students fill in their pacer score on the fitness chart and see how their score compares to the HFZ. Have students set a long term goal for the pacer test in the far right column on the sheet. Then explain that for homework they need to calculate how much they must improve by each re-test (short term goal) in order to reach their long term goal. Explain that goals should be challenging but achievable. Explain to the students that after this first unit of fitness and team handball there are 9 units. Explain that at the beginning of each unit we will complete each of the 5 fitness test to assess improvement. 	Worksheet: W1