

LEVEL	UNIT	LESSON Number 7	EQUIPMENT
Seventh Grade	Fitness	Fitness plan, FITT principles & Team Handball	SAQ Cards, FITT principles station cards, MP3 Player, Playground Balls, 3 handball courts, Print-Out W10 – One day fitness plan.

### Objectives

The Students will:



















1. Create a one day fitness plan that addresses their specific fitness level
2. Learn what SAQ drills are and demonstrate how to do them
3. Learn the difference between aerobic and anaerobic exercise
4. Play responsibly in a competitive situation.
5. Have fun, be safe, do their best and be respectful.

If you have any feedback on the lesson please email me at [brummiejo@msn.com](mailto:brummiejo@msn.com).  
Thanks, Jo.

### Benchmarks

- 3.4 Plan a weekly personal physical fitness program in collaboration with the teacher.
- 4.1 Develop a one-week personal physical fitness plan specifying the proper warm-up, cool-down, principles of exercise for each component of health related fitness.
- 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.

Activity	Time (Minutes)	Procedure	Comments/Set-up/ Diagram
Intro	5	<p>Have students look at their fitness profile. Explain that this is their starting point for the year and that challenge them to see how much they can improve. Go over long term and short term goals. Let students know what their first unit is e.g. Basketball, Dance, soccer. Explain that they will not retest until the first lesson of the second unit so they have a month to see what they can do to improve their fitness.</p> <p><b>Q=</b> <i>What are the three principles of training?</i>  <b>Q=</b> <i>Who is in control of your fitness level?</i></p> <p>Explain to the students that making a change means they have to make a commitment and it doesn't mean changing everything they do, but recognizing opportunities everyday to take better care of themselves.</p> <p>Introduce: <b>The F.I.T.T. Principles</b></p> <p>When considering the guidelines for training, keep in mind the F.I.T.T. Principles (frequency, intensity, time and type):</p> <p><b>Frequency</b> : Number of exercise sessions per week.  <b>Intensity</b>: How much weight/resistance  <b>Time</b>: Number of Reps and Sets  <b>Type</b>: Activities that count</p>	<p>(You could use a recognition system of your choice for the most improved.)</p> <p>Journals: Have students write these in their journals.</p>
Part 1 Warm-up	15	<p>Explain what SAQ is to the students. (Speed, agility, quickness). SAQ is a relatively new fun method of training to improve speed, fast feet and multi-directional agility. SAQ workouts consist of short, intense drills, that require you to quickly accelerate or decelerate, while moving backwards, forwards, or side-to-side. SAQ improves balance, power, and neuromuscular firing patterns so that your movements become fast, dynamic and precise. As a result, you'll notice improvements in your response time and in your ability to change direction lightning-fast, as in basketball, tennis, skiing and soccer.</p> <p>Review aerobic (with oxygen) vs anaerobic (without oxygen) exercises. Ask the class whether they think SAQ is aerobic or anaerobic. Have them explain why. SAQ is actually both, but has a particular focus on training the anaerobic system.</p> <p><b>Objective</b></p>	<p>6 SAQ Stations</p> <p>Have students work with their handball teams.</p> <p>There are two station cards with definitions.</p>

		<p>SPEED&lt; SPEED&lt;SPEED</p> <p>Stop the class 2-3 times during the activity and have students take their heart rate for 6 seconds and from their calculate what zone they are operating in.</p>													
Part 2/3 Team Handball	15	<p>Team handball has origins reaching as far back as the antiquity: <i>urania</i> in ancient Greece.</p> <p>The International Handball Federation has organized Men's World Championships in 1938, and then every two, three or sometimes four years since the World War II. The Women's World Championships have been played since 1957. The IHF also organizes Women's and Men's Junior World Championships.</p> <p>The IHF reports to have 160 member federations representing approximately 800,000 teams and more than nearly 19 million sportsmen and women.</p> <p>Give the teams the following countries  Red = Denmark, Orange = Croatia, Yellow = Ukraine, Green = Hungary, Blue = Russia, Black = Germany.</p> <table border="1" data-bbox="378 640 1312 915"> <thead> <tr> <th>Games</th> <th>Gold</th> <th>Silver</th> <th>Bronze</th> </tr> </thead> <tbody> <tr> <td><a href="#">2004 Athens Men</a></td> <td> <a href="#">Croatia</a> (CRO)</td> <td> <a href="#">Germany</a> (GER)</td> <td> <a href="#">Russia</a> (RUS)</td> </tr> <tr> <td><a href="#">2004 Athens Women</a></td> <td> <a href="#">Denmark</a> (DEN)</td> <td> <a href="#">Hungary</a> (HUN)</td> <td> <a href="#">Ukraine</a> (UKR)</td> </tr> </tbody> </table> <p>The class will play a five minute tournament of team handball. The fields are numbered in order 1,2 and 3. The teams are put in the hat (Six flag colors) and drawn out randomly. As the color is drawn, that team is sent to the field in order, first two teams play on field three, second two on field two and the last two teams on field 1. The teams beginning field determines where they go next. On fields two and three the winning team rotates up one field toward one. The losing teams stay where they are. On field one, the winning team stays and the losing team moves to court three. The object is to be in field one as the winner by the time the tournament ends. If the score is tied, the two teams should ro-sham-bo to decide who moves on.</p> <p>During any of the games, any students who did not complete the fitness tests will be pulled out to do so.</p>	Games	Gold	Silver	Bronze	<a href="#">2004 Athens Men</a>	 <a href="#">Croatia</a> (CRO)	 <a href="#">Germany</a> (GER)	 <a href="#">Russia</a> (RUS)	<a href="#">2004 Athens Women</a>	 <a href="#">Denmark</a> (DEN)	 <a href="#">Hungary</a> (HUN)	 <a href="#">Ukraine</a> (UKR)	Cross-curricular: They will study ancient Greece in history this year.
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Closure	2	<p><i>What is the difference between aerobic and anaerobic exercise?</i>  <i>How did you show good sportsmanship today?</i>  <i>Tell me about when you saw someone else displaying good sportsmanship.</i></p> <p><i>Give out the fitness plan homework and tell them that next lesson everyone will be sharing their plans during the warm-up.</i>  <i>Tell students next lesson they will also receive bonus points for finding out interesting facts about the country they are representing.</i></p>													