

Subject: Physical Education

Grade: 7/8

Lesson Title: Circuit Training and

Teacher: A. Willner

Stage 1: Identify Desired Results

Outcome(s)/Indicator(s):

PE7.4—*Examine and apply strategies to incorporate cross-training using different movement activities to improve fitness and skill (e.g., aerobic dance develops coordination and agility used in basketball; golf and hockey develop hand/eye coordination/striking skills) while participating in movement activities*

c. Identify and participate in a variety of body management activities (e.g., resistance training, core strength training, circuit training, pilates, yoga, educational gymnastics) that develop a variety of fitness components that have direct benefit to overall fitness and skill.

PE8.2—*Apply an understanding of how to positively affect the major muscle groups (e.g., biceps, triceps, pectorals, abdominals, quadriceps, hamstrings) while clarifying an understanding of the effects of exercise and inactivity on the muscular system (e.g., increased/decreased strength, increased/decreased lean muscle, increased/decreased elasticity, increased/decreased muscle tone).*

a. Demonstrate exercises that will affect the muscular endurance, muscular strength, or flexibility of indicated muscles.

Key Understandings: ('I Can' statements)

-I can effectively use circuits for fitness purposes.

Essential Questions:

-How are circuits important to fitness?
-How can they aid in fitness?

Stage 2: Determine Evidence for Assessing Learning

-Students are able to perform the tasks given to them in circuits.

Stage 3: Build Learning Plan

Set: Warm Up

Time: ~15 minutes

1. Walk until everyone is in the gym
2. Review jump rope skills (3 minutes)
3. Students will line up according to height so that partners for practicing their jump rope skills are close in height (3 minutes)
4. Practice the skills without rope and then add the rope in—remember do not bend knees (4-5 minutes)

Materials/Equipment:

-jump ropes
-mats
-badminton rackets
-badminton birdies

Management Strategies:

-ensure that all are paying attention and not playing with the equipment while I am explaining.

Development:

Time:

1. Explain the circuits that they will be doing and what is expected at each circuit. (5-7 minutes)
2. Rotate through Circuits 4 minutes at each station
3. Bring them back into the middle of the gym to go over the rules of "Deal or No Deal"

Learning Closure:

Time: ~5 minutes

1. Put all of the equipment away
2. Come back to the middle of the gym
3. Change out and line up quietly at the door

Safety Considerations:

-Make sure that you are not pushing/challenging yourself or others to work outside of personal comfort zones

Possible Adaptations/

Differentiation:

-personal ability levels to challenge yourself with, but do not overstep them.

Stage 4: Reflection