

LESSON PLAN - Fitness -

Subject	Physical Education	KeyStage	1	Day	00/00/2019
Topic	Components of health-related fitness				
Strand	Sub-strand				
Physical Fitness	Health and Skill related Fitness				
Out comes					
Outcome PF1.1 Understand the components of health-related fitness and interpret the relationship between the different activities and exercises to the components of health-related fitness.					
Indicators					
Gr.2: a. Describes the components of health-related fitness. b. Describes the benefits of each of the components of health-related fitness. c. Gives examples of physical activities which incorporate one or more of the components of health-related fitness.					
Learning Intentions: We are learning to					
About different components of health-related fitness and the benefits of health-related fitness.					
Success Criteria: I will be successful if...					
Students are able to recognise the different components of health-related fitness.					
Duration	Lesson procedure				Resources
0~5	<p>*Introduce about today's Topic</p> <ul style="list-style-type: none"> - Ask students 'What is the Health-Related Fitness?' - Answer 'Health-related fitness is the ability to become and stay physically health.' 				Mat
5~15	<p>*Discuss each of the components in detail about Health-related.</p> <p>1. Muscular Strength</p> <ul style="list-style-type: none"> - It is about how much weight you can lift with your muscles at one time. - It is important as it helps us lift things, avoid injuries and maintain good posture. <p>2. Muscular Endurance</p> <ul style="list-style-type: none"> - It is the ability to move your muscles repeatedly without getting tired. - It is important in sports, such as rowing a boat and swimming. <p>3. Cardiovascular Endurance</p> <ul style="list-style-type: none"> - It is also known as stamina. It is the ability to work continuously for a longer period of time. - It has many benefits as it allows us to be active throughout the day. For example, walking to the market, climbing stairs or playing sports. <p>4. Flexibility</p>				

<p>15~30</p> <p>30~35</p>	<p>- It is the ability of your joints to move freely. Flexibility allows you to maintain healthy joints and prevent muscle injuries with playing each sport.</p> <p>5.Body Composition</p> <p>- It is the ratio of fat and muscles in our body. For different sports we need different body composition.</p> <p>Let's discuss with students.</p> <p>*What are the difference concepts between muscular strength and muscular endurance?</p> <p>*Activity 1, 2, 3 (Textbook P 176 and 177)</p> <p>*Review about today's topic</p> <p>Ask students 'What is components of health-related fitness?'</p>	
<p>Closure</p>		
<p>Subject Teacher</p>	<p>H.O.D</p>	

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Out comes					
Outcome PF1.1 Understand the components of health-related fitness and interpret the relationship between the different activities and exercises to the components of health-related fitness.					
Indicators					
Gr.2: a. Describes the components of health-related fitness. b. Describes the benefits of each of the components of health-related fitness. c. Gives examples of physical activities which incorporate one or more of the components of health-related fitness.					
Learning Intentions: We are learning					
About different components of health-related fitness and the benefits of health-related fitness.					
Success Criteria: I will be successful if...					
Students are able to recognise the different components of health-related fitness.					
Duration	Lesson procedure				Resources
0~5	*Introduce about today's Topic. - Review about the last class. Ask students 'What is the components of Health-Related Fitness?' - Answer '1. Muscular Strength 2. Muscular Endurance etc....'				
5~30	*Medical check - Activity 4 (Text no.178) - Bring the textbook and go to the school medical room. - Ask the school doctor or nurse to measure your height and weight. .				
30~35	*Review about today's topic - Ask students 'How did you think when you know the your height and weight?'				
Closure					
Subject Teacher				H.O.D	

LESSON PLAN - Fitness -

Subject	Physical Education	KeyStage	1	Day	00/00/2019
Topic	Components of skill-related fitness				
Strand	Sub-strand				
Physical Fitness	Health and Skill related Fitness				
Out comes					
Outcome PF2.1 understand the components of skill-related fitness and interpret the relationship between the different activities and exercises to the components of skill related fitness.					
Indicators					
a. Understands the basic components of skill related fitness b. Describes the benefits of each of the components of skill-related fitness c. Gives examples of physical activities which incorporate one or more of the components of skill-related fitness					
Learning Intentions: We are learning					
About different components of skill-related fitness and the benefits of skill-related fitness.					
Success Criteria: I will be successful if...					
Students are able to know the different components and benefits of skill-related fitness.					
Duration	Lesson procedure				Resources
0~3	*Introduce about today's Topic. - Ask students 'What is components of skill-related fitness?' - Answer 'Agility, Balance, Coordination, Speed, Power, and Reaction Time.'				Textbook
3~10	- Explain 6 components to students roughly - Fill in the blanks by writing the correct component to match with the definition. *Students do the activity1. (P.180) *Check the answer and discuss the detail of 6 components of skill-related fitness. Activity1 answer (P.180) 1 →Power 2 →Agility 3 →Balance 4 →Reaction Time 5 →Speed 6 →Coordination				
10~20	1. Power - It is a combination of strength and speed. It helps in competitive sports, for example, putting a shot. It also helps a lot in our day-to-day activities, for example, opening a drawer that is stuck. 2. Agility - It is vital as it helps us move quickly and easily. For example, a goal keeper				

	<p>diving in front of a goal post to save a penalty.</p> <p>3. Balance</p> <ul style="list-style-type: none"> - It helps us stay steady and prevent us from getting injured. For example, landing after a rebound in basketball. If we do not have good balance, we will fall down and get hurt. <p>4. Reaction Time</p> <ul style="list-style-type: none"> - It is the time taken to respond to a signal. For example, pressing the break handles of your bicycle when a person or a pet animal comes in front of your bicycle. <p>5. Speed</p> <ul style="list-style-type: none"> - It helps us move fast. For example, running fast with the ball to score a goal. <p>6. Coordination</p> <ul style="list-style-type: none"> - It helps us do two things at the same time. For example, coordinating the foot and hand movements to save a drop shot in tennis. <p>20~33 *Let's discuss with students.</p> <ul style="list-style-type: none"> - How different are there in the Skill Level Benefits of each sport? (P.186 chart) <p>*Activity 2 (Text book P 187) and check the answer</p> <p>→We can know the important level depend on the star's amount except Boxing and Dancing .(P.186)</p> <p>34~35 *Review about today's topic</p> <p>Ask and talk to students</p> <p>'Could you remember and understand 6 components of skill-related fitness? Let's play various sports taking advantage of them.'</p>	
Closure		
	Subject Teacher	H.O.D

LESSON PLAN - Fitness -

Subject	Physical Education	KeyStage	2	Day	00/00/2019
Topic	Health-Related Fitness				
Strand	Sub-strand				
Physical Fitness	Health and Skill related fitness				
Out comes					
Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.					
Indicators					
Gr.4: a. Points out benefits of physical activity for the heart, lungs, and muscles b. Distinguishes the health related components of fitness as they relate to Activity Pyramid c. Understand how the FITT principle affects development of components of health-related fitness					
Learning Intentions: We are learning to					
Analyse how media influences personal and community health. Learning about non-communicable diseases prevalent in Maldives.					
Success Criteria: I will be successful if...					
I can understand health related components fitness and how media influences personal and community health. And which way should we take to prevent for non-communicable diseases.					
Duration	Lesson procedure				Resources
0~5	*Introduce about today's topic. Question: 『What can we do for Health?』 Answer: we can get healthy life and prevent for non-communicable diseases through physical activity and exercise.				Text book
5~15	*Discuss Healthy growth and development 『Why is it important for children to do physical activity?』 - Make groups, then talk about this topic. After that, Let's share the opinions.				
15~25	* Activity 1.2 (Text book P.158-159) - Activity1 There are 3 kinds of benefits (for Lungs, Heart and Muscles). - Think about benefits of physical activities through the Activity pyramid. - Next, Activity2. Fill in the blanks.				
25-30	*Talk about FITT - Explain to students about FITT.				
30-35	* Review about today's topic				
Closure					
Subject Teacher			H.O.D		

LESSON PLAN - Fitness -

Subject	Physical Education	KeyStage	2	Day	00/00/2019
Topic	MY PHYSICAL FITNESS LEVEL				
Strand	Sub-strand				
Physical Fitness	Health and Skill related fitness				
Out comes					
Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.					
Indicators					
Gr.4: d. Understands how the components of health-related fitness and improved performance in a variety of activities are related. e. Identify proper technique for health related fitness assessment.					
Learning Intentions: We are learning to					
Understand that a healthy level of muscular endurance would enable an individual to exercise.					
Success Criteria: I will be successful if...					
I can understand the performance of an individual in physical activities.					
Duration	Lesson procedure				Resources
0~5	*Introduce about today's topic. Let's know about 『MY PHYSICAL FITNESS LEVEL』 Explain how it is related with physical fitness and our life.				Check cards Mat Measure boxes Measure
5~25	*Skill test (Text P162) Go to the ground. Then, start the 『MY PHYSICAL FITNESS LEVEL』 Warming up running and stretch Make pairs, then check & switch 1) Sit and reach 2) Sit-ups				
25-30	*Cool down				
30~35	*Review about today's topic Question : 『How did you feel when you know about physical fitness level?』 Then, explain how it is related with physical fitness and our life again.				
Closure					
Subject Teacher				H.O.D	

-MY PHYSICAL FITNESS LEVEL CARD-



Let's know about own physical fitness level!
Make pair groups then check your partner's level.

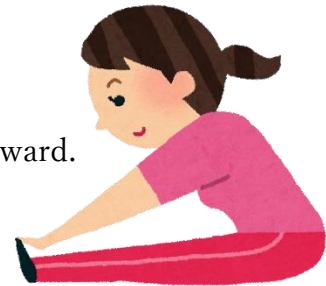
EVENTS	NAME:	NAME:
Sit & reach	cm	cm
Sit-ups	times	times



How to do it?

★Sit & reach (flexibility test)

- 1) Measure an appropriate length on the floor.
- 2) Stretch your hands forward keeping your knees straight.
- 3) Measure the distance to which you are able to stretch forward.



★Sit-ups (muscular endurance test)

- 1) Lie back on the mat with knees flexed and feet flat on the floor.
- 2) The partner holds the feet to keep them in contact with the ground.
- 3) The student curls into sitting position and returns to the down position.
- 4) The score is the number of sit-ups done correctly in one minute.