

Lesson Plan

Date: Sep 20, 2023 Subject: Cardio Grade Level: Sophomore Time needed: 40min

Preliminary Planning

Topic/Central Focus: Cardio Day

Prior Student Knowledge:

Students go into the cardio room from time to time. They are aware that there is a treadmill, elliptical, and a stationary bicycle. They can go into the cardio and workout if they choose not to participate in the activities we are doing.

Illinois Learning Standards addressed:

20.A.4b Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and know the implications of and the benefits from participation in those programs

Objectives:

1. To work on every part of the student body, we will be running a circuit using exercise machines and a few other exercises.

Differentiation/Planned Support:

Students with IEP's or 504 plans:

Depending on the students' needs we will let them spend more time on whatever exercise they can do. Student one cannot ride bicycle or elliptical but has no issues on treadmill. She will be spending more time on the treadmill.

Formative Assessment (Process):

FA 1: Students will be asked what each exercise is for.

Summative Assessment (Product):

Towards the end of the unit students should be able to run on the treadmill instead of walking, for the time asked.

Preparation:

We will be warming up, jumping jacks, butt kickers, high knees, and lunges.

Technology used:

Bluetooth speaker
timer

Instructional Plan

Engage, Connect, and Launch:

Engage: Hello students, today we will be starting our unit in cardio. We will be doing a few exercises using the machines and some using mats.

Connect: As we are walking into the cardio room, I want 5 people at each circuit.

Launch: As we get to each station start working out at a slow pace. Every station we will do for 2 minutes at a slow and medium pace. After the 2 minutes we will rest for 1 minute. Within a minute we will also transfer to the next station. We will have 6 stations. Station 1 will be the treadmill, station 2 the elliptical, station 3 the stationary bicycle, station 4 we will be doing pushups, station 5 we will be working on our balance on a balance ball, and station 6 will be our rest station. For the pushups we will do as many pushups as possible for 30 seconds on and 30 seconds off. I will be letting students know when to go and when to rest.

Sequence of Learning Activities:

Activity #1:

1. Group 1 will start at the treadmill and run at a slow to medium pace. After 2 minutes we will get a rest.
2. After 2 minutes students will go to the elliptical also at a slow to medium pace for 2 minutes. We will rest for a minute.
3. We will then move to the stationary bicycle, 2 minutes and 1 minute rest.
4. We are now at station 4 where the students will do pushups for 2 minutes. They will do whatever they can for 30 seconds. I will let them know when the first 30 seconds are up and let them know to rest for 30 seconds. They will do pushups again for 30 seconds then rest for another 30 seconds. After the 2 minutes are up, they rest for a full minute while switching to station 5.
5. Station 5 they will just be on a balance ball. Both feet on the ball and they will just be holding their balance for the 2 minutes. Some students might have issues, but they will hold for whatever amount of time they can, and they will get off then they can try again.
6. After that they will go to the last station which is a rest station for 2 minutes.

Closure:

Students will come to a close and we will regroup. I want to ask students how they felt during the 2 minutes they were exercising at a slow to medium pace. Do they remember how fast their heart was beating? Did they notice how it would slow down in their minute rest?