

GRASPS

UNIT: FUNDAMENTALS OF FITNESS

SUBJECT: Physical Education & Health – Grades 4-7

SUMMATIVE ASSIGNMENT:

“Fit Break” (for Grades 4-7)

ESSENTIAL QUESTION(s):

- What does it mean to be fit?

G R A S P S	
Goal	Goal: With a partner, create a 3-5 minute fitness routine that covers all components of fitness.
Role	Role: Student takes on the role of Personal Trainer for the Elementary school & team.
Audience	Audience: The Athletes of their school.
Situation	Situation: N/A.

<p>Performance or Product</p>	<p>Performance or Product:</p> <p>Students will teach the class their fit break routine, being sure to demonstrate correct form for each exercise.</p>
<p>Standards</p>	<p>Standards:</p> <p>Students must provide a variety of exercises that target all components of fitness, and must provide enough variety so that one muscle group is not overworked while another is not targeted at all. (Depending on the exercise, 10-20 repetitions of each work well.) Creativity and enthusiasm provide the “WOW!” factor. Ideally, exercises should flow from one to the next.</p>
<p>Differentiation</p>	<p>Differentiation:</p> <p>Students may wish to film their fit break routine separately, if they are too anxious to do it in front of others. Students may be given the choice of creating a fit break for students that have certain limitations (paraplegics, balance disorders, etc.) or they may create a routine designed to prepare students for an upcoming sport season (i.e. Track in spring).</p>