



## **SAMPLE LESSON PLANS**

### **Health Smart Virginia - Sample Lesson Plan**

**Grade: 2<sup>nd</sup>**

**Unit: Fitness**

**SOLs:**

**2.3 The student will describe the components of fitness and identify physical activities that promote aerobic capacity, muscular strength, endurance, flexibility, and body composition.**

- a) Describe muscular strength as important in lifting/moving heavy objects.
- b) Describe muscular endurance as important in moving throughout the day.
- c) Describe flexibility as important in moving in many directions.
- d) Describe cardiorespiratory endurance as important for maintaining a healthy heart.
- e) Describe body composition as the components that make up a person's body weight (percentages of fat, bone, water, and muscle in the human body).

**Title: Touchdown Fitness**

**Objectives/ Goals:**

The student will ...

- Perform and identify exercises from varying health related fitness components to include cardiorespiratory endurance, muscular strength and endurance, and flexibility
- Work cooperatively with team and among classmates to achieve activity goal

**Materials:**

- Clearly mark "yard lines" from 5-100 in learning space where students can see where to advance to.

Created by: Kathy Tillar-Hughes

- 6 different color cones
- 1 Exercise sheets for teacher use

## **Procedure:**

### Introduction:

- Teacher should review the components of health related fitness and review examples of exercises within each.

### Description:

- Teacher should break class into 6 teams. Each team is represented by a different color to match their cone. The cone is that teams “player” that is advances up the yard lines. This game can be cooperative or competitive.
- Teacher will call out/demonstrate one exercise from sheet at a time. On signal, students will complete the exercise in its entirety before advancing their player. When an exercise is completed the correct number of reps by EACH person in the group, the team can advance their player (cone) to the next line.
- Teams can earn extra points if they can identify what health related fitness component an exercise falls under by raising their hand after their team completes it.

### Closure:

- Review health related fitness components and have students name exercises from the lesson that fall under each category.
- Review ways we can measure our health related fitness (fitness tests)

## **Assessments:**

- Assess formatively through teacher observation
- Students will describe to a partner one fitness component. The other partner will then describe a different fitness component. Partners will give thumbs up if their partner described it correctly. Teachers assist as needed.

## **References & Sources:**

- [https://www.focusedfitness.org/InformationMaterials/54L\\_1871\\_Basic%20Program\\_Sample\\_2016.pdf](https://www.focusedfitness.org/InformationMaterials/54L_1871_Basic%20Program_Sample_2016.pdf)

NAMES: \_\_\_\_\_ DATE: \_\_\_\_\_

## **TOUCHDOWN FITNESS EXERCISES**

*Modify number of reps as needed for younger grades and use teacher/student demos*

1. 20 mountain climbers
2. 20 second plank hold
3. Jog 1 lap
4. 10 push ups
5. 30 seconds of sit-ups (how many can you do?)
6. 30 second hamstring stretch  
-Bend over reaching for toes with legs straight
7. 20 cross jacks
8. 20 trunk twists
9. 20 crab kicks
10. 30 seconds of push-ups (how many can you do?)
11. Sprint 1 lap
12. 15 second quadricep stretch each leg  
-Balance on one foot, keep knees together, hold shoe of foot as you pull it back
13. 15 tricep dips
14. 20 calf raises
15. 20 second elbow plank
16. 10 high knees in place
17. 15 second shoulder stretch each arm
18. 15 second Warrior pose right and left
19. 10 star jumps
20. 15 leg squats