



SAMPLE LESSON PLANS

Health Smart Virginia - Sample Lesson Plan

Grade 4th

Unit Fitness Goal Creation_

SOLs:

- 4.3 E- Analyze **post-fitness testing results**, and reflect on **goal progress/attainment**.

Title: Fitness Post Conferences

Objectives/ Goals:

[Students will reflect on their fitness goal and the work they did]

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Materials:

[Equipment and Set Up]

- Fitness Gram student reports

Procedure:

Intro- Discussion should cover:

- Inform students about the objective and review any general information pertinent to all students

Description-

This lesson takes place after the entire process is complete, even the fitness post-tests. I always

offer a few optional re-test opportunities in the spring for students who wish to keep working to improve.

Meet with each student. Ask them whether they reached their target score, what they might have done differently, and whether they want to continue working on this goal.

Closure

- NA

Assessments, References & Sources:

Resources:

- <https://pftdata.org/files/hfz-standards.pdf>

Assessments:

You can use the exit slip below in lieu of a conversation

Now that you have completed your fitness logs and finished spring fitness testing, please answer the following questions:

1) Did you reach your goal?

Yes No

2) If you answered yes, what did you do that helped you reach your goal? If you answered no, what would you do differently next time?
