



## SAMPLE LESSON PLANS

### Health Smart Virginia - Sample Lesson Plan

Grade 5th

**Unit** Fitness Goal Creation

**SOLs:**

- 5.3 C- Create a **basic personal fitness plan** for at least **one health-related component of fitness**, to include baseline fitness data, SMART goal, activities that will address the goal, log of activities inside and outside of school, reassessment data (post-data) and **reflection of goal progress/attainment**.

**Title:** Fitness Post Conferences

**Objectives/ Goals:**

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

**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?

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