

# BRIDGETON PUBLIC SCHOOLS

## Fitness

### 3<sup>RD</sup> – 4<sup>TH</sup> Grade

#### UNIT/PACING CHART

#### Presidential Fitness Testing

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
5	2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.4 2.6.A.6.5 2.6.A.6.6 2.6.B.6.2 2.6.B.6.3 2.6.C.6.1 2.6.C.6.2 2.6.C.6.3 2.6.C.6.4 2.6.C.6.5 2.6.A.8.1 2.6.A.8.2 2.6.A.8.3 2.6.A.8.4 2.6.A.8.5 2.6.B.8.1 2.6.B.8.2 2.6.B.8.3 2.6.C.8.1 2.6.C.8.2 2.6.C.8.3 2.6.C.8.4 2.6.C.8.5	<p><b>Lesson 1: Presidential Fitness Testing</b></p> <p><b>Objective(s) SWBAT</b></p> <ul style="list-style-type: none"> <li>● Measure and record cardiovascular endurance by participating in the mile run/walk test.</li> <li>● Measure and record muscular strength by participating in pull-up/flexed arm hang and curl-ups.</li> <li>● Measure and record flexibility by participating in the sit and reach test.</li> <li>● Measure and record speed and agility by participating in the shuttle run test.</li> <li>● Measure and record muscular endurance by participating in curl-ups and pull-ups/flexed arm hang.</li> <li>● Identify ways to improve in these areas by participating in class discussion.</li> </ul>	<ul style="list-style-type: none"> <li>● Class list</li> <li>● Recording Chart</li> <li>● Test standards and guidelines</li> <li>● Sit and Reach box</li> <li>● Pull-Up bar</li> <li>● Mats</li> <li>● Stopwatch</li> <li>● Shuttle blocks</li> <li>● Floor Tape</li> <li>● Tape measure</li> <li>● Student Portfolios</li> </ul>	<ul style="list-style-type: none"> <li>● Student Portfolio</li> <li>● Student Participation</li> <li>● Test standards</li> </ul>

## ¼ Mile Testing

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.6.B.6.3 2.6.C.6.1 2.6.C.6.4 2.6.C.8.2 2.6.C.8.4	<b>Lesson 2: ¼ Mile Time</b>  <b>Objective(s) SWBAT</b> ●Determine the speed they will need to keep in order to perform the designated amount of laps. ●Determine their pace for fitness walking/jogging.	●Stopwatch ●Class list	●Student participation ●Time recorded

## Fitness Walking/Jogging

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.4 2.6.A.6.5 2.6.A.6.6 2.6.B.6.1 2.6.B.6.2 2.6.B.6.3 2.6.C.6.1 2.6.C.6.2 2.6.C.6.3 2.6.C.6.4 2.6.C.6.5	<b>Lesson 3: Fitness Walking/Jogging</b>  <b>Objective(s) SWBAT</b> <ul style="list-style-type: none"> <li>● Monitor heart rate through palpation.</li> <li>● Understand the importance in increasing their cardiovascular endurance by participating in modified fitness walking/jogging.</li> </ul>	<ul style="list-style-type: none"> <li>● Cones</li> <li>● Class List</li> <li>● Clipboard</li> <li>● Pencil</li> <li>● Stopwatch</li> </ul>	<ul style="list-style-type: none"> <li>● Participation Rubric</li> <li>● Fitness Rubric</li> <li>● Laps Recorded</li> </ul>

## Fitness Circuit

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
1	2.6.A.6.1 2.6.A.6.2 2.6.A.6.3 2.6.A.6.4 2.6.A.6.5 2.6.A.6.6 2.6.B.6.1 2.6.B.6.2 2.6.B.6.3 2.6.C.6.1 2.6.C.6.2 2.6.C.6.3 2.6.C.6.4 2.6.C.6.5	<b>Lesson 4: Fitness Circuits</b>  <b>Objective(s) SWBAT</b> <ul style="list-style-type: none"> <li>● Monitor heart rate through palpation.</li> <li>● Understand the importance in increasing their cardiovascular endurance by participating in modified fitness walking/jogging.</li> </ul>	<ul style="list-style-type: none"> <li>● cones</li> <li>● cargo net</li> <li>● free weights</li> <li>● jump ropes</li> <li>● bean bags</li> <li>● climbing ropes</li> <li>● aerobic steps</li> <li>● hurdles</li> <li>● pull-up bar</li> <li>● running man</li> <li>● paddles w/yarn ball</li> <li>● exercise balls</li> <li>● CD player</li> <li>● CDs</li> </ul>	<ul style="list-style-type: none"> <li>● Participation Rubric</li> <li>● Fitness Rubric</li> </ul>







