

# BRIDGETON PUBLIC SCHOOLS

## Fitness

### 5<sup>th</sup> – 8<sup>th</sup> Grade

#### UNIT/PACING CHART

#### Fitness Testing (5<sup>th</sup> – 8<sup>th</sup> Grade)

TIMELINE	NJCCCS	SKILLS/ CONTENT OBJECTIVES:	TEACHER'S GUIDE/SUPPLEMENTAL MATERIALS	ASSESSMENTS
3	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 2.2.E.8.5	<p><b>Lesson 1: Fitness Portfolios</b></p> <p><b>Objective(s) SWBAT</b></p> <ul style="list-style-type: none"> <li>●Collect, record, and compare baseline fitness data such as height, weight, blood pressure, BMI, resting heart rate, target heart rate, family history with disease, as well as analysis of diet, stress, and sleep.</li> </ul>	<ul style="list-style-type: none"> <li>●scales</li> <li>●fat caliber</li> <li>●calculators</li> <li>●BMI formula</li> <li>●heart rate monitors</li> <li>●stopwatch</li> <li>●pencils</li> <li>●paper</li> <li>●fitness portfolio chart</li> <li>●blood pressure equipment</li> </ul>	<ul style="list-style-type: none"> <li>●Fitness portfolio</li> </ul>

## 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 2: 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 Time**

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 3: ¼ Mile Time</b>  <b>Objective(s) SWBAT</b> <ul style="list-style-type: none"> <li>●Determine the speed they will need to keep in order to perform the designated amount of laps.</li> <li>●Determine their pace for fitness walking/jogging.</li> </ul>	<ul style="list-style-type: none"> <li>●Stopwatch</li> <li>●Class list</li> </ul>	<ul style="list-style-type: none"> <li>●Student participation</li> <li>●Time recorded</li> </ul>

## Fitness Walking/Jogging (Fall and Spring)

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 2.1.A.6.4 2.1.A.6.4 2.1.A.8.3 2.1.A.8.4	Grade 5 <b>Lesson 4: Fitness Walking/Jogging</b>  <b>Objective(s) SWBAT</b> <ul style="list-style-type: none"> <li>●Identify their resting and target heart rate.</li> <li>●Apply target heart rate in physical education activity.</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> <li>●Heart Rate Monitors</li> </ul>	<ul style="list-style-type: none"> <li>●Teacher observation of student participation</li> <li>●Fitness Rubric</li> <li>●Laps Recorded</li> </ul>
1	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	Grade 6-8 <b>Lesson 4: Fitness Walking/Jogging</b>  <b>Objective(s) SWBAT</b> <ul style="list-style-type: none"> <li>●Identify their resting and target heart rate.</li> <li>●Apply target heart rate in physical education activity.</li> <li>●Understand the importance in increasing their cardiovascular endurance by participating in fitness walking/jogging.</li> <li>●List strategies to improve fitness level.</li> </ul>	<ul style="list-style-type: none"> <li>●Cones</li> <li>●Class List</li> <li>●Clipboard</li> <li>●Pencil</li> <li>●Stopwatch</li> <li>●Heart Rate Monitors</li> </ul>	<ul style="list-style-type: none"> <li>●Teacher observation of student Participation</li> <li>●Fitness Rubric</li> <li>●Laps Recorded</li> </ul>

## Fitness Circuit (Winter)

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	Grade 5 <b>Lesson 1: Fitness Circuits</b>  <b>Objective(s) SWBAT</b> ●Identify their resting and target heart rate. ●Apply target heart rate in physical education activity. ●Understand the importance in increasing their cardiovascular endurance by participating in modified fitness station activities.	<ul style="list-style-type: none"> <li>●cones</li> <li>●cargo net</li> <li>●free weights</li> <li>●jumpropes</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> <li>●heart rate monitors</li> </ul>	<ul style="list-style-type: none"> <li>●Teacher observation of student participation</li> <li>●Fitness Rubric</li> <li>●Heart Rate Monitor readings</li> </ul>
1	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	Grade 6-8 <b>Lesson 1: Fitness Circuits</b>  <b>Objective(s) SWBAT</b> ●Identify their resting and target heart rate. ●Apply target heart rate in physical education activity. ●Understand the importance in increasing their cardiovascular endurance by participating in fitness station activities. ●List strategies to improve fitness level.	<ul style="list-style-type: none"> <li>●cones</li> <li>●cargo net</li> <li>●free weights</li> <li>●jumpropes</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> <li>●heart rate monitors</li> </ul>	<ul style="list-style-type: none"> <li>●Teacher observation of student participation</li> <li>●Fitness Rubric</li> <li>●Heart Rate Monitor readings</li> </ul>





