

BRIDGETON PUBLIC SCHOOLS

Fitness

K – 2nd Grade

UNIT/PACING CHART

Presidential Fitness Testing (1st & 2nd Grade Only)

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>Lesson 1: Presidential Fitness Testing</p> <p>Objective(s) SWBAT</p> <ul style="list-style-type: none"> ● Measure and record cardiovascular endurance by participating in the mile run/walk test. ● Measure and record muscular strength by participating in pull-up/flexed arm hang and curl-ups. ● Measure and record flexibility by participating in the sit and reach test. ● Measure and record speed and agility by participating in the shuttle run test. ● Measure and record muscular endurance by participating in curl-ups and pull-ups/flexed arm hang. ● Identify ways to improve in these areas by participating in class discussion. 	<ul style="list-style-type: none"> ● Class list ● Recording Chart ● Test standards and guidelines ● Sit and Reach box ● Pull-Up bar ● Mats ● Stopwatch ● Shuttle blocks ● Floor Tape ● Tape measure ● Student Portfolios 	<ul style="list-style-type: none"> ● Student Portfolio ● Student Participation ● Test standards

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	Lesson 2: ¼ Mile Time Objective(s) SWBAT <ul style="list-style-type: none">●Determine the speed they will need to keep in order to perform the designated amount of laps.●Determine their pace for fitness walking/jogging.	<ul style="list-style-type: none">●Stopwatch●Class list	<ul style="list-style-type: none">●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	Lesson 3: Fitness Walking/Jogging Objective(s) SWBAT <ul style="list-style-type: none"> ● Monitor heart rate through palpation. ● Understand the importance in increasing their cardiovascular endurance by participating in modified fitness walking/jogging. 	<ul style="list-style-type: none"> ● Cones ● Class List ● Clipboard ● Pencil ● Stopwatch 	<ul style="list-style-type: none"> ● Participation Rubric ● Fitness Rubric ● Laps Recorded

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	Lesson 4: Fitness Circuits Objective(s) SWBAT <ul style="list-style-type: none"> ● Monitor heart rate through palpation. ● Understand the importance in increasing their cardiovascular endurance by participating in modified fitness walking/jogging. 	<ul style="list-style-type: none"> ●cones ●cargo net ●free weights ●jump ropes ●bean bags ●climbing ropes ●aerobic steps ●hurdles ●pull-up bar ●running man ●paddles w/yarn ball ●exercise balls ●CD player ●CDs 	<ul style="list-style-type: none"> ●Participation Rubric ●Fitness Rubric

