



Subject: Gym

Grade Level: Middle School

DI Strategy: Learning Choices

Physical Fitness Learning Choices Lesson

For my middle school Physical Fitness classes, I wanted to create an individualized physical fitness plan for each student to complete. I started by giving every student a series of physical fitness tests over the course of three days. These physical fitness tests tested the arm strength, core strength, and cardio strength of each student. Once I had this data, I analyzed each student's scores to determine their current level of physical fitness in those three areas.

I created a Tic Tac Toe board that listed 4 areas of the body across the top and three levels of physical fitness along the side. Each box in the Tic Tac Toe board contained an exercise that corresponded to the area of the body and level of fitness. Using the results from the physical fitness testing, I placed a dot in one box for each body area that represented where that student's current level of fitness was.

The next day in class, each student received their own Tic Tac Toe board. It showed them which exercise they were to complete for each of the areas - Arms, Core, and Cardio. There was also a fourth column for leg strength. Each student was asked to self-assess their leg strength based on their results in the other body areas and their own knowledge of their physical fitness and decide which leg exercise they were going to complete. Students were allowed to choose which order they wanted to complete the exercises in and were allowed to work with a partner who had a similar level of physical fitness to them.

When students completed their exercises, they completed a series of questions on the back of the worksheet. The questions were designed to make them think about the workout they had just completed, their level of physical fitness, and how they could transfer what we had done in class to their daily lives to improve their fitness.

Below you will find a copy of the Tic Tac Toe board and follow-up questions.



Name: _____

Directions: Perform the exercises in the boxes that are marked for you. If there is no mark in a box under one of the categories, choose which one you think challenges you. In between each category (example: in between arms and abs), perform 2-3 stretches for the category just completed. You may do the categories in any order. If you know someone who has the same box checked, you may perform the exercise together.

Arms	Abs (Core)	Cardio	Legs (self-assess your level) **Challenge yourself**
<p>Modified Pushups (2X10) Regular pushups, except knees are on the ground. Make sure your back is straight - hips in line with the shoulders and ankles.</p>	<p>Low Plank (on elbows) (2X30 sec) Challenge yourself to go the whole 60 seconds. Remember to keep your back straight!</p>	<p>Three laps (No stop) Go completely around each cone at the corners of the gym.</p>	<p>Wall Sit (2X30 sec) Legs shoulder width apart (or a little wider), sit with your back against the wall and your thighs parallel to the ground. 90 degree bend at the knee</p>
<p>Regular Pushups (2X10) Pushups in the same way as the fitness test. Concentrate on keeping your back straight - hips in line with the shoulders and ankles.</p>	<p>High Plank (on hands) (2X30-60 sec) Challenge yourself to go the whole 60 seconds. Remember to keep your back straight!</p>	<p>Six laps (No stop) Go completely around each cone at the corners of the gym.</p>	<p>Stationary Squat (2X10) Stand with your legs shoulder width apart (or a little wider). Arms straight out in front of you. Sit back on your heels as if you're sitting in a chair. When your thighs are parallel to the ground, stand back up.</p>
<p>Elevated Pushups (2X10) Feet are on the mat (or two mats to challenge yourself). Keep your back straight - hips in line with the shoulders and ankles.</p>	<p>Plank Up Downs (2X30-60 sec) Start in a low plank. Place your right hand under your right shoulder, then left hand under your left shoulder, then proceed to lower back down to your right elbow, then your left elbow. Keep</p>	<p>Nine laps (No stop) Go completely around each cone at the corners of the gym.</p>	<p>Shuffle Squat (2X6 lengths) Get into a squat position (thighs parallel to the ground), turn sideways, and step/slide from blue line to blue line. Your head should not be bobbing up and down - keep it steady.</p>



	your hips steady!		
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Follow Up Questions

1. Of the five areas of fitness, which one do you feel the weakest in? (Arms, Ab (core), Cardio, Legs, Flexibility)
2. Which one do you feel the strongest in?
3. Having a healthy body is important to being able to do the things we want to do in life. Which area do you think is most important to stay strong and why?
4. I want you to think about your physical activity level right now outside of school. Please tell me one way you can fit in exercises to strengthen each of these categories:
 - a. Arms --
 - b. Abs (core) --
 - c. Cardio --
 - d. Legs --
 - e. Flexibility --

****When you are finished with your workout and the four questions, give your sheet to your teacher.**



Teaching Learning Succeeding

****You may take out a basketball and play knockout, ½ court, horse, PIG, 21, or just shoot.**