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| **Ky Core Content Standards** | **Learning Target** | **Procedures/Activities October 15-19, 2018** |
| **K-2:**  PL-EP-2.2.1  Students will describe the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time).  **3-5:**  PL-04-05-2.2.1  Students will identify the components of fitness (muscular strength, muscular endurance, flexibility, body composition, cardio-respiratory/cardiovascular endurance) and the FITT Principle (Frequency, Intensity, Type, Time). |
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| Warm Ups | |
|  | Activities / Strategies:   * Stretches/Group |
| Grade 2-5 | |
| Students will be able to:  **Demonstrate the components of fitness during the Presidential Fitness Challenge** | Activities / Strategies: Fitness Testing |
| **Essential Vocabulary** |
| **K-5:**  Flexibility, Muscle Strength, Muscle Endurance, Cardio-respiratory & Body Composition  F.I.T.T. Principle  Physical Benefits  Social Benefits  **Team Friendly**  **Cooperation**  **Comunication**  **Team Work** |
| Grade K – 2 | |
| Students will be able to:  **Demonstrate the components of fitness during the Presidential Fitness Challenge** | Activities/Strategies: Fitness Testing  1. Sit-ups  2. Sit-n-Reach  3. Pull-ups  4. Pacer Test  5. Shuttle Run  If time allows students will play red light green light. |