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| **Ky Core Content Standards** | **Learning Target** | **Oct. 30- Nov. 2 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).  **PL-EP-2.4.2 Students will use productive team membership skills.**  **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).  **PL-04-2.4.2 Students will use productive team membership skills.** |
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|  | **Procedures/Activities** |
| Warm Ups | |
|  | Activities / Strategies:   * Warm-up laps * Stretches/Group |
| Grade 3-5 | |
| Students will be able to:  **Demonstrate and identify the 5 components of fitness.** | Activities / Strategies: Components of Fitness and the F.I.T.T. Principle popsicle game   1. Students will play Popsicle game. They are trying to find and identify the components of fitness and the exercises that fit into that category. 2. This game promotes teamwork and cooperation |
| **Essential Vocabulary** |
| **K-5:**  Flexibility, Muscle Strength, Muscle Endurance, Cardio-respiratory & Body Composition  F.I.T.T. Principle  Physical Benefits  Social Benefits  Physical Benefits  60 minutes a day  Healthy Diet |
| Grade K – 2 | |
| Students will be able to:  **Demonstrate and describe the 5 components of fitness.** | Activities / Strategies: Components of Fitness and the F.I.T.T. Principle popsicle game   1. Students will play Popsicle game. They are trying to find and identify the components of fitness and the exercises that fit into that category. 2. This game promotes teamwork and cooperation |
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