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| **Ky Core Content Standards** | **Learning Target** | **Procedures/Activities October 9-12 2017** |
| **K-2:**PL-EP-2.2.1Students 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
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| 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. PrinciplePhysical BenefitsSocial 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 Testing1. Sit-ups2. Sit-n-Reach3. Pull-ups4. Pacer Test5. Shuttle RunIf time allows students will play red light green light. |