

Hoo-Rah Team Fitness Challenge

Metropolitan State College of Denver Lesson Plan

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Grade Level: 10th Grade

Unit: Health Related Components of Fitness
Number of students: 20-30

District/Colorado/NASPE Content Standard(s):

- Movement Competence and Understanding
- Physical and Personal Wellness
- Emotional and Social Wellness
- Prevention and Risk Management

NASPE:

STANDARD 1: Demonstrates competency in motor skills and movement pattern needed to perform a variety of physical activities.

STANDARD 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

STANDARD 3: Participates regularly in physical activity.

STANDARD 4: Achieves and maintains a health-enhancing level of physical fitness.

STANDARD 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

STANDARD 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objective/Purpose:

- a) Psychomotor- TSWBAT demonstrate the 5 health components of fitness during the entire lesson today by completing the PE Madness obstacle course.
- b) Cognitive-TSWBAT demonstrate understanding of the safety rules, body composition, and importance of strategies during the entire lesson by answering flashcard review questions, safety questions and recording heart rate/steps.
- c) Affective- TSWBAT demonstrate teamwork during the entire lesson today by giving positive feedback to teammates, cheering for each other at each station, and communicating.

Resources:

www.lessonplanspage.com

Janet L. Hopson, M.S., Rebecca J. Donatelle, Ph.D., Tanya R. Littrell, Ph.D. Get Fit, Stay Well! San Francisco, CA: Pearson Education, Inc., 2009

www.aw-bc.com/hopson

Obstacle Courses search; www.youtube.com

www.googlepictures.com

Dr. Bertelsen class powerpoint presentations

Materials, space, facilities, and equipment:

- 2 agility ladders
- 86 cones
- 12 hurdles
- 4 stability balls
- 4 jump ropes
- 8 medicine balls
- 44 review question cards w/ letters on back
- 23 completion award certificates
- Inside basketball court
- Heart rate monitors
- Pedometers
- Large Stereo system, i-pod hookup
- 4 pens
- 2 stopwatches

Pre-Assessment

As this is the final day of the health components of fitness unit, students will be familiar with the five health related components of fitness, the six skill related components of fitness and understand how to apply them to this lesson. Before the intro to the lesson, students will perform a quick cardio, strength, and agility test by running the length of the basketball court, performing 6 wall toe taps, 4 push-ups and then criss-cross run back to the end-line. Announce teams and instruct students to create a team name.

Intro/Warm-up of Lesson:

We will begin by having the students perform dynamic stretches while explaining the rules and directions for the obstacle course. Students will be instructed to perform 10 walking knee raise pulls, 10 walking quad stretches, 10 controlled straight leg kicks and 10 side squats per leg.

Safety:

- Proper gym attire and footwear are required
- Adequate space provided between each station
- No horseplay during the obstacle course
- Carefully read the directions and use proper form at each station
- Clear obstacle course of any safety hazards
- Careful when performing the wheelbarrow station & ladder station to control speed to avoid injury

Lesson Focus	S/T Organ	Time	Skill Analysis	Motiv/FB/Cues
Cardio, Strength and Agility Test (optional for this presentation)	S S S S S S S S T T	2 min	-attach heart monitors and pedometers, announce teams & have teams create team names -stand with body facing teachers -sprint to the end-line of court -alternate toe tapping back wall 6 times -body facing opposite wall, perform 4 pushups -stand up and run with right leg leading, criss cross left leg in front of right and reverse to the opposite end-line	-sprint fast to wall -quick on your toes during toe- taps -proper form on pushups -keep balance and speed during criss- cross

Safety discussion & Obstacle instructions	T T SSSSSS SSSSSS “huddle-up”	2 minutes	-Reiterate safety points -demonstrate how to complete the obstacle course -go over rules of course	Proper form and follow directions at each station 2 challenges for a total of 10 seconds of final time
TR: Instruct students to spread-out and face the teachers for the warm-up.				
Dynamic stretching Warm-up	T T S S S S S S S S S S S S S S	3 minutes	-body facing teachers -perform 10 walking knee raise pulls by pulling knee toward body -perform 10 walking quad stretches by grabbing the leg and pulling to the buttocks -perform 10 straight leg kicks by extending the leg without bending the knee -perform 10 side squats by bending both knees into a low squat, then step together	Controlled movements Hold for 5-8 seconds each Proper form These stretches are dynamic and will prepare your body for the movement in this lesson!
TR: Instruct students to line-up behind an orange cone by team, at the start of the obstacle course. Once music begins, students can start the obstacle course.				
Phys Ed Obstacle Course	S S S S S S S S S S S S T T	8 Minutes	-Station #1: Plank army crawl-All but one teammate form a vertical line in plank position, making a bridge for the #1 teammate to army crawl under, The first teammate in the plank line will then army crawl under bridge of teammates, and so on until all teammates have completed, the last teammate will army crawl to the end of the station, once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer -Station #2: Powerhouse-choose between two activities, perform jumping lunges by putting one foot forward and bending at the knee, then jump to the other foot while holding a medicine ball 20x or perform a burpee by bending knees, touch the ground with hands then push legs backwards to pushup position, perform a pushup and then legs into hands and jump up 12x, once team	Teamwork! Communicate with teammates Strategy is important Remember proper form Positive encouragement “Hoo-Rah” Entire team must complete each station before moving onto the next station

		<p>completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #3: SB Ring Around Rosie – each teammate lays on their back on the ground in a circle with feet touching, start sb ball with teammate #1 and pass with only using inside of feet, if ball drops player must run around the entire circle and return to spot, once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #4: Team Quick Step Ladder – run quick two steps between each bar with medicine ball in hands to the cone, then run back to next teammate in line and pass the medicine ball to them. If teammate steps in bar, entire team must perform a pushup. Once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #5: Wheelbarrow – teammate #1 gets in pushup position and teammate #2 grabs #1 feet while #1 hand walks to the end-line, continue pattern until all teammates have performed wheelbarrow across the end-line. Once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #6: Wall squats – teammates line up vertically along wall in a squatted position, bending knees 90 degrees and hold for 45 seconds while entire team counts out-loud. CHALLENGE: have teammate lie across other teammates bent knees and hold for 30 seconds while counting out-loud (obtain 5 seconds off final time) once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #7: Hoo-Rah Cones – Run in a figure eight around the first 6 cones, then frog jump by bending knees and touching hands to the floor over 4 hurdles while yelling “hoo-rah” when in up position of jump. Once team completes task one player runs to station cone at beginning of court grabs</p>	<p>Work together</p> <p>Team pushup if a bar is touched during Team Quick Step Ladder</p> <p>Run around circle if ball is dropped in SB Ring Around Rosie</p> <p>Teamwork Matters</p> <p>Have Fun!</p> <p>Faster!</p>
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			<p>review question and returns to team to answer</p> <p>-Station #8: Team Quick Step Ladder run quick outside right of ladder two toe taps, inside bars of ladder, then left of ladder with medicine ball in hands to the cone, then run back to next teammate in line and pass the medicine ball to them. If teammate steps in bar, entire team must perform a pushup. Once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #9: Jump In/Jump Out – choose a teammate to jump rope, each member must jump in and jump twice and then jump out, once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #10: Cardio Crazy-each teammate must complete 25 knee ups by bending knee in front of body to the chest, 25 kick-butts by kicking the leg backwards hitting the buttocks, 25 jumping jacks by jumping with legs spread out past shoulder length and then jumping legs in together, 25 crunches by lying on back, crossing hands over chest, bending knees and sitting up until elbows touch knees. Once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer</p> <p>-Station #11: Team Pushup- choose 4 teammates to perform 1 pushup by only allowing 1 set of hands and 1 set of feet to touch the ground, bend down and back up. Team will have 4 chances to complete CHALLENGE: If this is completed the team will receive 5 seconds off final time! once team completes task one player runs to station cone at beginning of court grabs review question and returns to team to answer, finish by spelling word by flipping over all cards collected and time will be stopped once this is completed.</p>	
TR: Whistle once last team has completed the course. Finish recording final times. Instruct students to take a seat in the middle of the court for stretching cool-down.				
Dynamic	SSSSSS SSSSSS	3	-body facing teachers -perform 10 walking knee raise pulls by	Hold stretch for 5-8 seconds

Stretching Cool-Down	SSSSSS T T	minutes	pulling knee toward body -perform 10 walking quad stretches by grabbing the leg and pulling to the buttocks -perform 10 straight leg kicks by extending the leg without bending the knee -perform 10 side squats by bending both knees into a low squat, then step together	each Breath slow inhaling and then exhaling
TR: Instruct students to sit on the floor and go over review question answers and hand-out sportsmanship awards.				
Post- Assessment	SSSSSS SSSSSS SSSSSS T T	2 minutes	-instructor will read review question answers, obstacle winner will be announced by teacher, completion awards will be presented by teacher	5 components of health demonstrated in an obstacle course Announce obstacle winner Awards!

Post-Phase of Lesson/Closure/Cool-down:

While sitting in a circle at the middle court, one of the teachers will lead the students in dynamic stretching cool-down while the other teacher will go over the review question answers. This will demonstrate their understanding of the 5 health related fitness components related to the obstacle course, safety, and body composition. To close the lesson, each teammate will receive an obstacle completion award certificate.

Post-Assessment Questions: (measurable and observable, directly related to your objectives)

1. Were the students able to complete the obstacle course, demonstrating cardiovascular endurance, muscle endurance, muscle strength, flexibility, and body composition?
2. Were the students able to understand and follow the safety rules and create strategies to effectively complete the obstacle course in a timely manner?
3. Did the students work together as a team and show communication and positive feedback to other teammates?