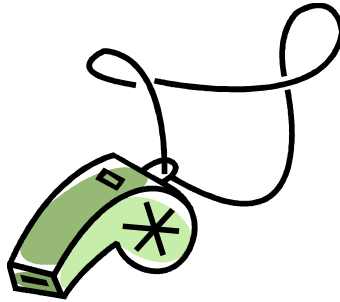


Sauropol Physical Fitness

Lesson Plan

6th - 8th Grade



Objective	<ul style="list-style-type: none">• Students from each class will create a specific website on Sauropol for their class only containing information on physical fitness including certain activities. Students will post daily blogs on this site about what physical activity they have partaken in on that day. Also students will share other ideas on fun workouts the students may enjoy.
Standards	<ul style="list-style-type: none">• Physical Activity: Students participate regularly in physical activity.• 6.3• Grade six students explore and identify activities they enjoy, meet their interests and needs, and which are within their level of competency. This information is utilized when participating in new activities, choosing movement activities, and setting goals for participation.• Physical Activity: Students participate regularly in physical activity.• 7.3• Students demonstrate an understanding of the relationship between participation in physical activities and wellness. They participate in after school activities that can lead to a healthier lifestyle. Students independently choose leisure time activities that are health-enhancing.

	<ul style="list-style-type: none"> • Physical Activity: Students participate regularly in physical activity. • 8.3 • Students begin to recognize the importance of physical activity and make independent decisions related to being active and maintaining a healthy quality of life. They seek out activities that will enhance their physical well being in physical education class and during leisure time.
<p>Materials</p>	<ul style="list-style-type: none"> • Each Student will need a computer with internet access. • Students will need whatever materials they use for their physical activity of choice.
<p>Procedures</p>	<ul style="list-style-type: none"> • Students will create an account on Sauropol • Together as a class students will make their website on Sauropol. • Then students will begin their schedule of posting blogs and recording what they have done each day for their activity or workout.
<p>Evaluation</p>	<ul style="list-style-type: none"> • Students will be evaluated on their daily blogs and participation on the class website and their participation throughout their workouts and other physical activities they do.