

Lesson Plan

Elementary Students (6th grade)

Physical Education

Overview	This lesson plan will be over the course of several months. During these months, students will be involved in several fitness exercises that will be recorded. They will be recorded multiple times in order to track improvement. At the end of the allotted time period, each student will take their data from the fitness exercises and create a chart to visualize the students' accomplishments.
Objectives	After producing the data, each student will use Chartle.net to create a graph to show their improvements. They will do this at 100% accuracy.
Standards	3.0: Students assess and maintain a level of physical fitness to improve Health and performance.
Materials	<ul style="list-style-type: none">• Chartle.net.• Computer with internet access• Paper to Record Data• A writing Utensil• Area to perform fitness tests
Procedures	<p>Each of the students are to perform multiple fitness test that will be done continuously over a given time period. These tests include, but are not limited to, the following:</p> <ul style="list-style-type: none">• Number of Push Ups (1 Minute)• Number of Sit Ups (1Minute)• Number of Pull Ups (1 Minute)• Mile (timed)• 100 meter dash (Timed) <p>During a class period, you will instruct your students on how to do each of these tests properly. Then, given a adequate amount of time, you will test them on each of these tasks. After the completion of them, Instruct the students to continue to practice at home and in their spare time. This will help improve physical performance. You may do other activities in between testing periods. The purpose of this activity is to see students' improvement in physical performance. After testing has been completed, Take all the data and the students to a computer lab and instruct them to go to Chartle.net. On this website, you can</p>

	<p>use your data to make a graph to visualize their improvement. Encourage to the kids to be creative with colors and fonts. This section of the assignment and be given as homework, given that the students have a computer with internet access at home. Print out the charts and turn them in for a grade.</p>
Evaluation	<p>Collect the Charts from the students and grade them based on completion of the chart. Make a note of their physical improvement and base grades off of specific standards for your area. The charts should be completed with 100% accuracy.</p>