

# High School gymnastic Lesson Plan

## Overview

Posterous can be used as an diary for the students so they can note what they have eating, trained and slept so the teacher can read it and give feedback on the exercise diary.

## Description

In many high school educations in Sweden under the subject gymnastic there is a part that has to be done under this education and that is to do a exercise diary. This means that you are a record of your diet, exercise and sleep, the purpose of this work is that in a simple way of evaluating your lifestyle and see if you can change it. It begins by setting targets for what you want to achieve with their training or diet to improve their health. Posterous could be a good tool to keep a diary over a longer period. It is easy to update every day and gives a clear vision of the process. It is also easy for the teacher to follow all of their student's progress by only go into the student's own Posterous-blog. The teacher introduces Posterous at the beginning of the semester so that students get a look at how it works and can then create their own account. The teacher can then check on how students update their diaries to see if they perform the task. At this Posterous-blog, can be seen as motivating for student's as they further ahead in the task can see their own progress and see that they develop themselves. This project requires that from the beginning it needs to have an introduction about Posterous, first for the teachers and then the student's so this project can work. When that's done the students can start their own Posterous-blog by doing a first post on the blog were they are writing about what they have for goals and what they want to achieve. In the end of the project the student does a evaluation about how they done under the time they have trains and tried to achieve their goals.

Equipments for this project are a computer with connection to the internet to show the work that has been done.