

Secondary Lesson Plan	Health Components of Fitness
Grade	9
Overview	Because Students struggle to maintain a healthy lifestyle outside of schools, this to-do list will help with keeping a structured schedule for the students. Class will be held in computer lab as students create an account. Teacher will assign Muscular Strength/Endurance, Cardiovascular Endurance workouts and have students write down a “goal” for the week. This will give the teacher a class period to explain workouts in a better class setting than a gym but also give a chance for students to create a different and “fun” way to complete an assignment. Lesson will act more or like an assignment notebook to keep the students accountable for workouts.
Objectives	Students will be able to create an account and log in on do.oh Students will be able to come up with there own desired goal to finish that week.
Standards	Standard 4: Instructional Delivery and Management. Physical education teacher candidates use effective communication and pedagogical skills and strategies to enhance student engagement and learning. Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Materials	Computer with Internet Access
Procedure	1.Students will work individually to do this assignment 2. Students will create account and log in 3. When they have logged in the teacher will instruct them to write in Muscular and Cardiovascular workout in the “What do you need to do?” tab. 4. Have students write down a goal for the work related to physical fitness in the same tab. 5. Teacher will talk about different health components and their importance
Evaluation	Because you can check off the “to-do” list even if you haven’t actually done it, there is really no way to make students accountable in this situation. With that said, teacher will require students to write a paragraph on the intensity, length of the workouts assigned and if there “goal” was accomplished.