

Workout Guide Secondary Ed.

OBJECTIVES	<p>Through participation in this lesson, students will be able to:</p> <ul style="list-style-type: none"> • Achieve a physical fitness goal. • Prioritize and manage a long-term goal through short-term actions/objectives (Verbapp) 						
MATERIALS	<table style="width: 100%; border: none;"> <tr> <td style="border: none;">Computer (Verbapp)</td> <td style="border: none;">Notebook</td> </tr> <tr> <td style="border: none;">Tennis Shoes</td> <td style="border: none;">Pen/Pencil</td> </tr> <tr> <td style="border: none;">Water Bottle</td> <td style="border: none;">Workout Attire</td> </tr> </table>	Computer (Verbapp)	Notebook	Tennis Shoes	Pen/Pencil	Water Bottle	Workout Attire
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PROCEDURES	<ol style="list-style-type: none"> 1. Students will first be asked to set some sort of long-term goal from a fitness perspective. Clarify that this needs to be measurable, realistic, and legitimate to qualify for this assignment. 2. Once Students have chosen their goal, refer them to Verbapp in order to continue with their assignment. They should have no less than 1 daily task (they should include tasks for nutrition, physical activity, weigh days, etc.). 3. At the end of the project duration, students will write a reflection paper about the project: how successful they were in completing their goal, how they felt about using Verbapp, what they would have changed. 						
CLOSING / ASSESSMENT	<ul style="list-style-type: none"> • This project is largely independent, so remind students as often as possible to keep up with it. • Encourage students to use the Verbapp tool as much as possible in order to spell out this project for them. • Ensure that students are not penalized for coming short of their goals, unless the student had obviously no motivation to meet said goal. 						