

## Workout Guide Secondary Ed.

<b>OBJECTIVES</b>	<p>Through participation in this lesson, students will be able to:</p> <ul style="list-style-type: none"> <li>• Achieve a physical fitness goal.</li> <li>• Prioritize and manage a long-term goal through short-term actions/objectives (Verbapp)</li> </ul>						
<b>MATERIALS</b>	<table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Computer (Verbapp)</td> <td style="width: 50%;">Notebook</td> </tr> <tr> <td>Tennis Shoes</td> <td>Pen/Pencil</td> </tr> <tr> <td>Water Bottle</td> <td>Workout Attire</td> </tr> </table>	Computer (Verbapp)	Notebook	Tennis Shoes	Pen/Pencil	Water Bottle	Workout Attire
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<b>PROCEDURES</b>	<ol style="list-style-type: none"> <li>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.</li> <li>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.).</li> <li>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.</li> </ol>						
<b>CLOSING / ASSESSMENT</b>	<ul style="list-style-type: none"> <li>• This project is largely independent, so remind students as often as possible to keep up with it.</li> <li>• Encourage students to use the Verbapp tool as much as possible in order to spell out this project for them.</li> <li>• Ensure that students are not penalized for coming short of their goals, unless the student had obviously no motivation to meet said goal.</li> </ul>						