

# iFitness

Using technology in Physical Education to  
create dynamic classes for all fitness levels!

# Technology Integration

Throughout our three week unit, we incorporated the following technology on a daily basis to provide students with a resource to improve fitness levels:

- screen and projector
- iPads
- iPad apps such as iMovie





Identifies the components of  
health-related fitness

- Fitness Monopoly

Completes fitness  
assessments

- FitnessGram

## **FitnessGram Instructional Cycle**

Identifies areas of needed  
remediation from personal test

- Goal Setting
- Improvement Planning

Identifies strategies for  
progress in areas of  
weakness

- iMovie Fitness Videos

# Students participating in Fitness Monopoly to identify the components of health-related fitness



# Fitness Monopoly



1A

1B



**Jumping Jacks**

Fitness Components: Cardiovascular Endurance

# Activity Cards



# Complete Student Fitness Assessment

## FitnessGram

The FitnessGram is a national comprehensive health-related and activity assessment.



## Introduce the 5 Components of Fitness

1. Muscular Strength
2. Muscular Endurance
3. Flexibility
4. Cardiovascular Endurance
5. Body Composition

## Student profile

Flexed arm hang, curl up, trunk lift and sit/reach current/past results

Body Composition (we do not include the BMI calculation for privacy reasons)

### FitnessGram Student Report

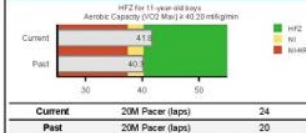
FITNESSGRAM®

Joe Smith (ID:329202044)

Grade: 5 (Age: 11)  
Teacher: Jogger, Jane  
School: Cooper Elementary  
District: Cooper District  
Report Date: 5/19/2016

	Past	Current
Test Date:	11/9/2015	5/1/2016
Height:	5' 6"	5' 6"
Weight:	125 lbs	124 lbs

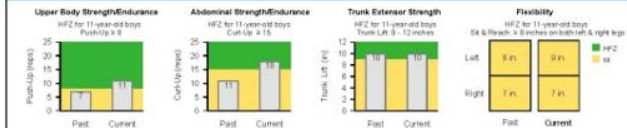
#### Aerobic Capacity



20M Pacer (laps) Current: 24, Past: 20

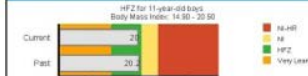
Congratulations! Your aerobic capacity is in the Healthy Fitness Zone and you are physically active most days. To maintain health and fitness, continue to participate in physical activities for at least 60 minutes each day. Keep your Body Mass Index (BMI) in the Healthy Fitness Zone.

#### Musculoskeletal Fitness



Your abdominal, trunk, and upper-body strength are all in the Healthy Fitness Zone. To maintain your fitness, be sure that your strength-training activities include exercises for all of these areas. Strength activities should be done at least 3 days per week. In addition to aerobic and muscle-strengthening activities, it is important to perform stretching exercises to maintain or improve flexibility and some weight-bearing activity (e.g. running, hopping, jumping or dancing) to ensure good bone health at least 3 days per week.

#### Body Composition



Good news! Your body composition is in the Healthy Fitness Zone. To maintain this healthy level of body composition, remember to:  
-Be active for at least 60 minutes every day.  
-Limit screen time to less than 2 hours a day.  
-Make healthy food choices including fresh fruits and vegetables.  
-Limit fried foods, foods with added sugars and sugary drinks.

#### Physical Activity

Reported Activity/Past 7 Days	Days	Goal
Aerobic activity for a total of 60 minutes or more	7	7
Muscle strengthening activity	3	3
Bone strengthening activity	2	3

To be healthy and fit, it is important to do some physical activity for a total of 60 minutes or more daily. Aerobic exercise is good for your heart and body composition. Muscular and bone-strengthening exercises are good for your muscles and joints. Congratulations! You are doing aerobic activity most or all days and muscular-strengthening exercises. Add some bone-strengthening exercises to improve your overall fitness.

HFZ: Healthy Fitness Zone; NI: Needs Improvement; NHFR: Needs Improvement - Health Risk

Cooper Institute

FitnessGram.net

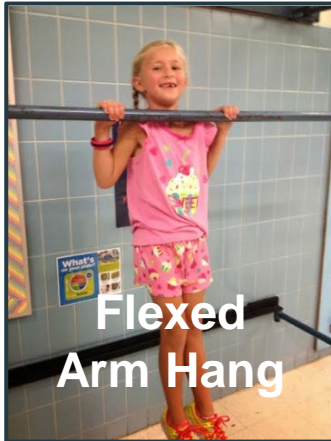
Play60

## PACER results

Students work to achieve "Healthy Fitness Zone"

## Physical Activity recommendations

# What Does The FitnessGram Assessment Look Like?





My FitnessGram Improvement Plan



Name: \_\_\_\_\_

After taking the FitnessGram test, I am going to work to improve my score on the  
sit & reach test.

Circle the fitness component this test measures:

Flexibility

Cardiovascular Endurance

Muscular Strength

Muscular Endurance

The exercises below will help me improve this fitness component:

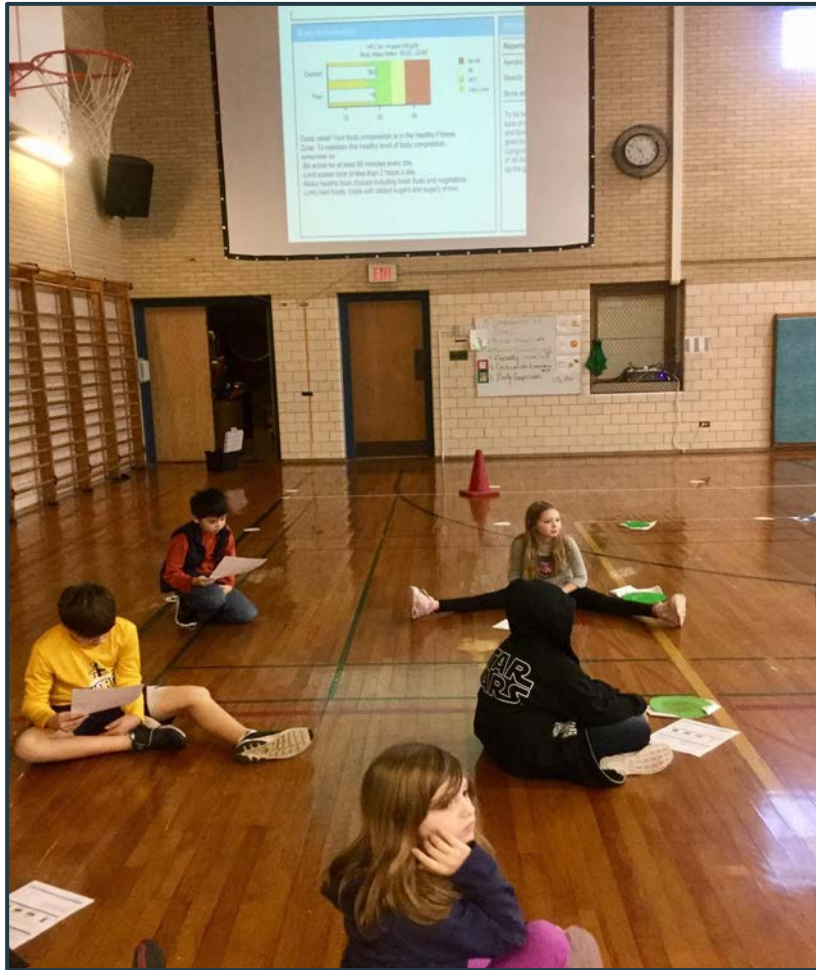
1. sit & reach
2. Cobra stretch
3. Bridge



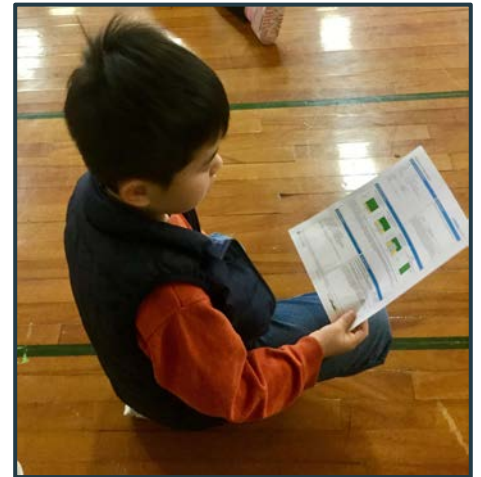
# My FitnessGram Improvement Plan

**Based on FitnessGram results  
students:**

- Select a test to improve upon
- Identify the fitness component
- List exercises which will help them improve



## FitnessGram analysis and goal setting in action.



# Movie Producer

## Movie Producer

Your group will use the knowledge you have learned about Components of Fitness and FitnessGram to create an exercise video. Pick ONE component of fitness your group wants to improve, then choose 3 exercises that improve that fitness component. The planning sheet below will guide you through the process.

Group Members' Names:

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Component of Fitness:

Exercise #1

Exercise #2

Exercise #3

Important information to perform  
Exercise #1 correctly

Important information to perform  
Exercise #2 correctly

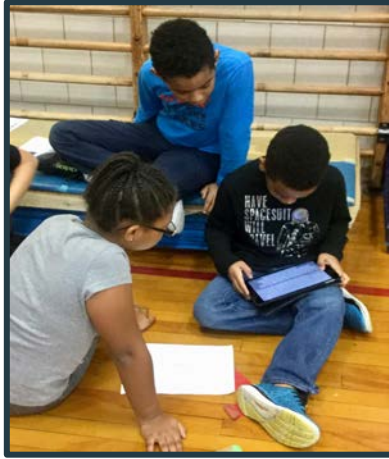
Important information to perform  
Exercise #3 correctly

Group Name: \_\_\_\_\_

iPad # \_\_\_\_\_



# The Creative Process



# Final Product



Thanks for  
letting us share  
our work with  
you!!

