



iFitness

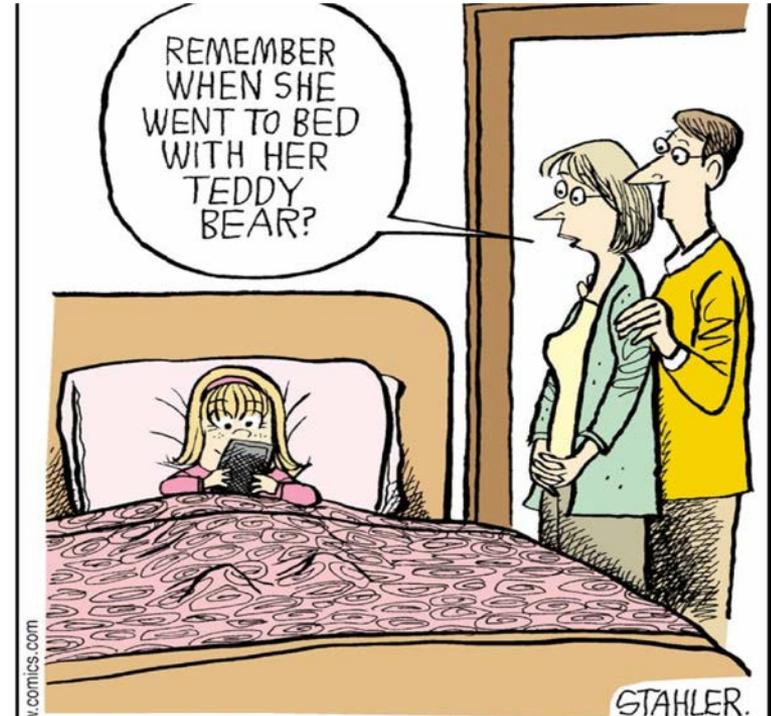
Using technology in Physical Education to
create dynamic classes for all fitness levels!



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



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graph TD; A[Identifies the components of health-related fitness] --> B[Completes fitness assessments]; B --> C[Identifies areas of needed remediation from personal test]; C --> D[Identifies strategies for progress in areas of weakness]; D --> A;
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Identifies the components of health-related fitness

- Fitness Monopoly

Completes fitness assessments

- FitnessGram

FitnessGram Instructional Cycle

Identifies strategies for progress in areas of weakness

- iMovie Fitness Videos

Identifies areas of needed remediation from personal test

- Goal Setting
- Improvement Planning

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

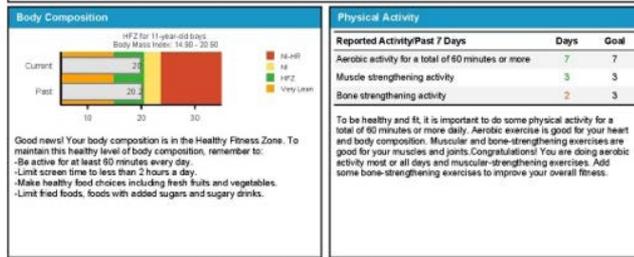
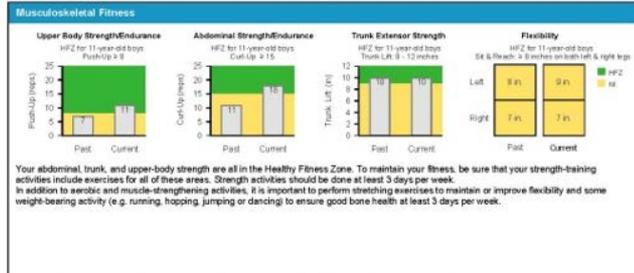
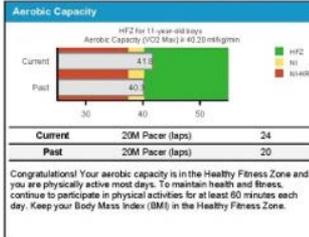


FitnessGram Student Report

Joe Smith (ID:829202044)

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



Physical Activity

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

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)



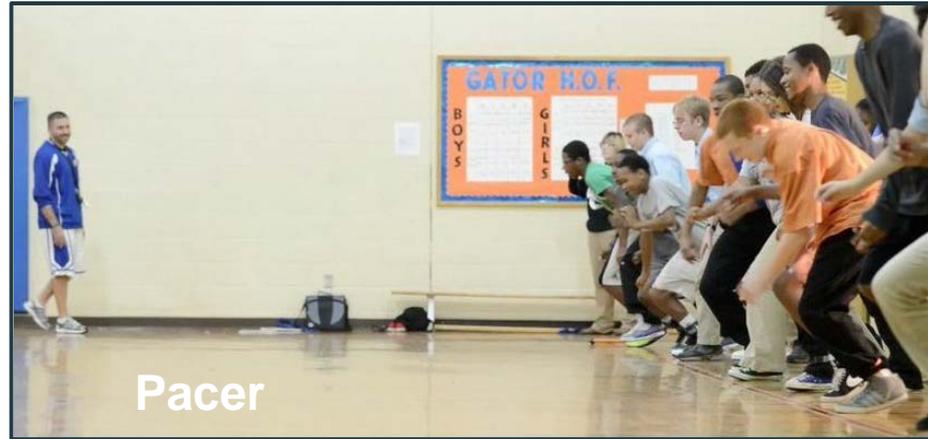
PACER results



Physical Activity recommendations



What Does The FitnessGram Assessment Look Like?





My FitnessGram Improvement Plan

5/5

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:

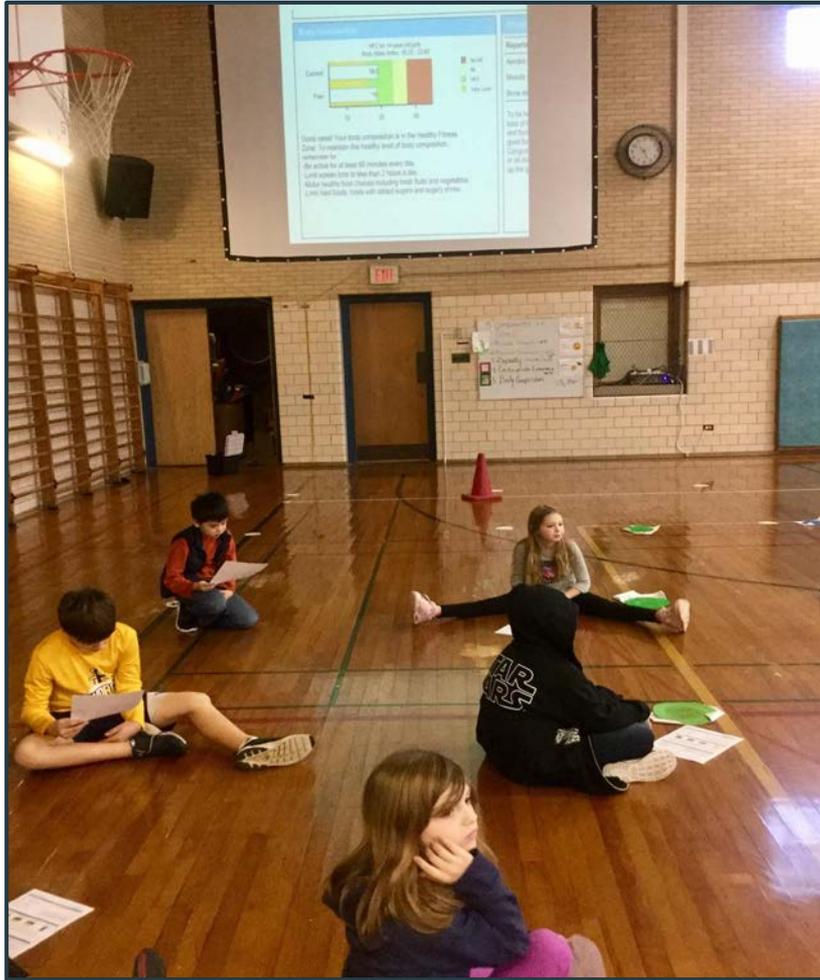
1. sit & reach
2. cobra stretch
3. Bridge



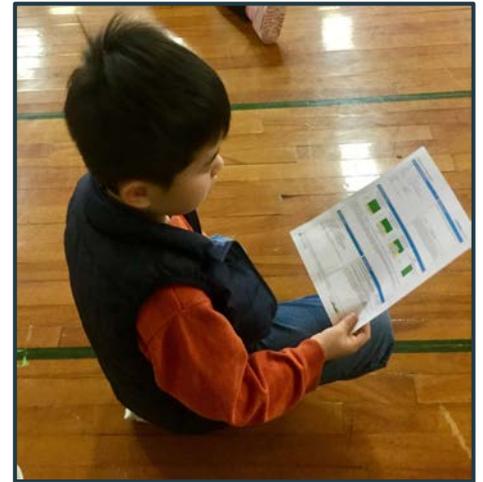
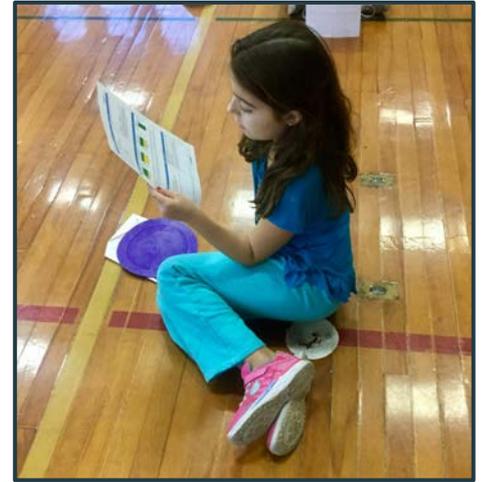
My FitnessGram Improvement Plan

**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:

Component of Fitness:

Exercise #1

Exercise #2

Exercise #3

Important information to perform
Exercise #1 correctly

Important information to perform
Exercise #2 correctly

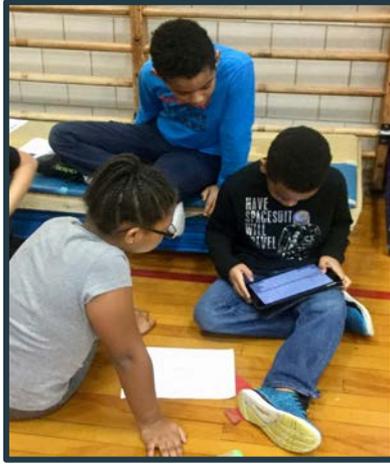
Important information to perform
Exercise #3 correctly

Group Name: _____

iPad # _____



The Creative Process



Final Product



Thanks for
letting us share
our work with
you!!

