

Grade 7

Lesson 2

Lesson plan

Lesson theme	Fitness test	Grade	7
Duration	40 minutes	Date/week	
Context			
<ul style="list-style-type: none">Getting more physically activeThe benefits of leading a healthy lifestyle.			
Linking with previous lesson		Linking with next lesson	
<ul style="list-style-type: none">Finding new ways to increase physical activity and fitness.		<ul style="list-style-type: none">Finding new ways to increase physical activity and fitness.	
Core knowledge			
<ul style="list-style-type: none">Understand and explain the components of fitness and how fitness is measured.			
Learning activities and assessment			
Group work:			
<ul style="list-style-type: none">Warm-upLearners do various tests to measure their fitness and then record their resultsCool-down.			
Forms of assessment		Resources	
<ul style="list-style-type: none">Observe learners while they complete the various fitness testsWorksheet.		<ul style="list-style-type: none">Large flat area like a quad or sports fieldWhistleStop watchTape measure.	
Expanded opportunities		Teacher reflection	
<ul style="list-style-type: none">With the results of the assessment, learners can see which areas of their fitness need the most work.		<ul style="list-style-type: none">The activities make learners more aware of their physical fitness and ways to improve it.	

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Lesson 2: Fitness test (40 minutes)

1 Outcomes

By the end of lesson 2 the learners should be able to understand and explain the components of fitness and how fitness is measured.

2 Teacher's corner

Lesson 2 is a fitness test. We recommend that you repeat the fitness test later in the year to see if the learners have improved their fitness status.

3 Activities

For lesson 3 you'll need the following equipment:

- Large flat area like a quad or sports field
- Whistle
- Stop watch
- Tape measure.

Activity 1: Warm-up (8 minutes)

Choose a warm-up exercise from the list of warm-up and cool-down exercises.

Activity 2: Cardiovascular fitness (12 to 15 minutes)

Instruct the learners to cover the 1.6 km distance (1 mile) as quickly as possible. They can walk, but running is preferred. Record the time taken by each learner.

You should record their times and use them as comparison for future fitness assessments.

Tips for activity 2

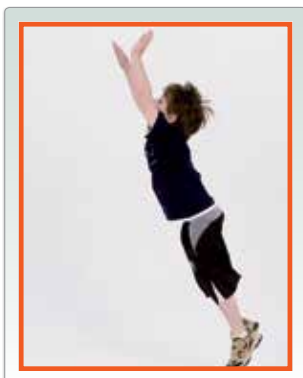
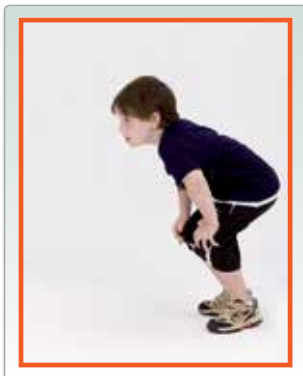
Have a copy of you class register printed before the lesson with spaces to record the fitness results.

Mark out the distance for the cardiovascular test before the lesson. It may be easier to use a soccer or rugby field and measure the 1.6 km distance.

Activity 3: Standing long jump or broad jump (10 minutes)

The aim of this test is to measure the explosive power in the legs. Ask the learners to stand behind a line with their feet roughly shoulder-width apart.

- Instruct each learner to jump as far forward as possible
- They should bend their knees and swing their arms to assist with the jump
- They must land on both feet
- Measure the distance from the starting line to the back of their feet
- They are allowed 3 attempts each.



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Tips for lesson 2:

Go over how the tests work 1 at a time, using different learners to demonstrate.

You may find that you need 2 lessons to complete all the tests.

Activity 4: Sit-ups and push-ups (5 to 8 minutes)

Divide the class into pairs for activity 4 and have them take turns to do push-ups and sit-ups.

Sit-ups

- Have the learners lie on their backs with their knees bent and hands behind their ears
- Then they need to move up so that the elbows touch the knees – this counts as 1 sit-up
- They need to keep their necks straight as they move up, rather than curling them in towards their chests
- Partner A will count the number of sit-ups partner B can complete in 1 minute
- Let the partners swap.

Push-ups

- Get the learners into the push-up position. They must hold themselves up facing the ground, with their arms straight, but elbows not locked and their hands shoulder-width apart. Their torsos should be in the air.
- Their legs should be straight (girls can have their knees bent and resting on the ground, with their feet crossed over each other).
- Partner A will place his or her fist midway between partner B's hands on the ground
- Partner B will bend his or her arms until the chin is touching his or her partner's fist and move back up to the starting position. This counts as 1 push-up
- Partner B will count the number of push-ups completed in 1 minute
- Let the partners swap roles.

Activity 5: Cool-down (5 minutes)

Choose a cool-down exercise from the list of warm-up and cool-down exercises.

4 Wrap up

Revise the components of the exercise session. Encourage the learners by explaining that there is no pass or fail for the fitness test. It is simply a method of establishing their current fitness level and for them to challenge themselves to improve their own scores.

Introduce the learners to the worksheet for lesson 2.

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Name: _____

Worksheet: Grade 7, lesson 2

Task 1: Quiz

1. List 5 things you can do to lead a healthy lifestyle.
 1. _____
 2. _____
 3. _____
 4. _____
 5. _____
2. Name a type of exercise or activity that strengthens your muscles. _____
3. What component of fitness does stretching improve? _____
4. Give 2 reasons why you must warm up.
 1. _____
 2. _____
5. Give an example of an invasion game. _____
6. How much physical activity should children do a day? _____
7. Give 1 way of testing cardiovascular fitness. _____
8. List 2 ways of making your daily lifestyle at home more active.
 1. _____
 2. _____
9. List 2 ways making your daily lifestyle at school more active.
 1. _____
 2. _____
10. List 2 physical activities that you can do with a member of your household.
 1. _____
 2. _____