

Health and Fitness Lesson Plan

*Lesson Plan for DMCD
Prepared by Coach K*

OVERVIEW & PURPOSE

Educate students on the importance of health and fitness for everyday life purposes.

EDUCATION STANDARDS

1. Actively listen and follow directions.
2. Be open, willing, and ready to learn.
3. Have fun! Enjoy the process.

OBJECTIVES

1. Introduce and expose students to a variety of health terms and health benefits.
2. Challenge their own personal fitness goals and increase overall physical strength & flexibility.

MATERIALS NEEDED

1. Pen & Paper
2. Gym clothes

Week 1- Week 2

Introduce the importance of Physical health and explain benefits

1. Go over the introduction of students.

2. Go over and rehearse classroom norms
3. Teach and go over social personal skills
4. Hygiene - Go over and discuss hygiene in great detail. Break down all components and fully explain importance.
5. Pre Fitness Test
 - Flexibility
 - Push-ups (how many can you do without stopping. 2-min max time)
 - Sit-ups (how many can you do without stopping. 2-min max time)

ACTIVITY

Describe activity that will reinforce the lesson

Introductory games to bond and learn more about each other. Recreation games to create bonding and upbeat environment.

- Circle game (introductory game)
- Staring contest (social personal game)
- Would you rather questions (social personal game)
- A feelings journal (social personal icebreaker)
- Spiders and flies
- Freeze tag
- Red light green light

Week 3

Introduce nutrition and nutrition topics.

1. Define Nutrition (Nutrients & Calories)
2. How to read Nutrition Labels
3. Defining Metabolism and Calories
4. Managing weight
5. Types of eating disorders
6. MyPlate
7. Vitamins

ACTIVITY

MyPlate word blanks

MyPlate crossword puzzle

Crack the secret code

Word search

Create your own MyPlate

Week 4

Fitness Preparation Section

1. Discuss and define calisthenics
2. Discuss the different muscle groups and the exercises that associate with them.
 - Biceps
 - Triceps
 - Chest
 - Core
 - Quads
 - Hamstring
 - Glutes
 - Calves

ACTIVITY

Match body parts with muscle groups worksheet.

Have the students pick a muscle group they specifically want to work on and explain why they chose it.

Week 5

Fitness Section

1. Discuss the importance of proper etiquette prior to engaging in physical activities.
2. Mimic proper procedures and form for workouts
 - Warm ups

- Stretches
- Push-ups
- Sit-ups
- Crunches
- Squats

ACTIVITY

Mid-way fitness test check-in

Week 6

Communication

1. Discuss what communication is, the importance of communication, and what makes it effective.
2. Go over the three types of communication
 - Verbal communication
 - Non verbal communication
 - Visual communication

ACTIVITY

What makes a good friend? (Group Activity)

Charades

“Guess fake or real apology”

“Guess what I’m describing”

Week 7

Body

1. Explain/ Explore the body
 - Head
 - Hair, skin, & nails

- Bones and muscles
 - Other insides
2. Germs

ACTIVITY

Hokey Pokey

Simon says

Work on balance activities

Week 8

Mental & Emotional Health

1. Define mental and emotional health
2. Characteristics of good mental and emotional health
3. Define self esteem
4. The benefits of good self esteem
5. How to improve self esteem
6. Define personality
7. Traits of good character
8. Define stress
9. Define stressors
10. How to manage stress & signals of stress
11. Mental disorders
12. How to get help/ treatment methods

ACTIVITY

Giving and receiving compliments

Write yourself an apology letter

Emotions and facial expressions worksheet

- **End the last week with the post test to gauge and measure growth over the 8 weeks.**

