



FOCUSED **FITNESS**

Sensible Fitness and Health Programs for Today's Kids

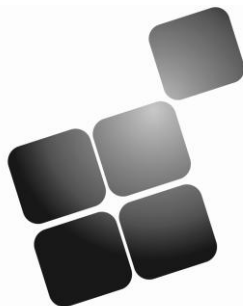
NO-NONSENSE LESSONS: TEACHING TO STANDARDS THE FIVE FOR LIFE WAY

FOR MORE INFORMATION ON CURRICULUM AND TRAINING

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fivelife
FOR
PROGRAM



ABSTRACT: **NO-NONSENSE LESSONS:** **TEACHING TO STANDARDS THE FIVE FOR LIFE WAY**

Teaching physical education that integrates fitness and health academic content, fitness related activities and motor skills is the future of physical education. Meaningful fitness and health content can and should be taught in a quality physical education program. How can physical educators do this without minimizing activity time in PE or losing students' interest? The answer is found in the Five for Life Program.

Attendees will participate in a quality lesson designed from the Five for Life Program. Learning the steps to creating a quality lesson is essential if a person is to teach to ALL the standards. Teaching to standards has never been this FOCUSED!

3 PARTS OF A QUALITY LESSON

- 1. Opener (Engagement)/ Warm-Up:** This is the hook used to set up the learning (concepts/content) for the remainder of the lesson and to prepare the students for movement.
- 2. Lesson Content/Focus:** This is the focus of the lesson and it takes the majority of the class time.
- 3. Wrap-Up/Cool Down:** This is the review or assessment of the concepts or content learned during the lesson and allows the student to recover from moderate to vigorous activity.

3 PILLARS OF A QUALITY LESSON

Fitness and Health Academics

- 5 Components of Fitness
- Nutrition
- Muscles
- Skeletal

Fitness Related Activities

- Functional Training
- Circuit Training
- Fitness Measurements
- Heart Rate Monitors

Motor Skills

- Locomotor
- Throwing and Catching
- Soccer
- Track

FIVE FOR LIFE – LESSON PLAN

Unit Title: Soccer/Nutrition

Grade Level: ELEM/MS

Date: 11.20.08

OUTLINE

Opener/ Warm-Up: Food Cube Warm-Up w/Soccer Dribble, Soccer Skills 6 Station Circuit

Lesson Content/Focus: Passing/Trapping Partner Pass, 12 Goal Food Soccer

Wrap-Up/Cool Down: Circle Pass Debrief

LESSON PLAN

	Fitness and Health Academic Content	Fitness Related Activities	Motor Skill
Essential Question	Why do I need a balanced diet?	How does cardiorespiratory endurance help me in activity?	How do I use soccer skills in a game?
Objective	Students will collect and correctly identify the food groups in the food guide pyramid	Students will develop the cardiorespiratory endurance needed to play soccer	Students will demonstrate correct form while passing and trapping in soccer
Opener/Warm-Up	Food Cube Warm-Up w/ Soccer Dribble: Basic, pg. 2.42 (3-5 min)	Soccer Skills 6 Station Circuit: See attached (5-7 min)	
Lesson Content/Focus	12 Goal Food Soccer: See attached (15 min)		Passing/Trapping Partner Pass: See attached 12 Goal Food Soccer: See attached (15 min)
Wrap-Up/Cool-Down	Circle Pass Debrief See attached (3-5 min)		Circle Pass Debrief See attached (3-5 min)
Vocabulary	Food Pyramid, Food Groups, Grains, Vegetables, Fruits, Meat and Beans, Milk and Oils	Cardiorespiratory Endurance	Passing and Trapping
Assessment	Reflective Questions		Observable: Pass and Trap Reflective questions
Standards	22.A.3 22.B.2	20.A.3 20.B.3 20.C.3	19.A.3 19.B.3 19.C.3

HEALTHY FOOD, HEALTHY BALANCE

Food provides the body with energy to work, grow and play. To receive all the nutrients needed to maintain health, a person should eat a variety of foods from the food pyramid each day.

Key vocabulary words:

- **Daily Amounts** - The appropriate amount of food eaten from each food group.
- **Food Measurements** - The food a person eats is measured in cups (milk, fruits and vegetables) and ounces (grains, meats and beans)
 - **Cup** - A measure of volume
 - **Ounce** - A measure of weight
- **Food Pyramid** - A chart that separates food into groups and provides guidance to eat healthy
- **Healthy Eating** - Eating the correct daily amount of food using the following framework:
 - **Variety** - Eat foods from all food groups
 - **Moderation** - Choose forms of foods that limit the intake of saturated or trans fats, added sugar, cholesterol and salt.

Understanding the **food pyramid** and eating a balanced diet are essential to lead a healthy, active life. The food pyramid puts food into groups needed for a healthy diet. It is important to eat a variety of foods each day. Try to eat plenty of whole grains and fresh fruits and vegetables.

To use the food pyramid, it is important to be familiar with **food measurements**; cup and ounce. A **cup** is used to measure volume. School milk containers hold exactly one cup. A measure of weight will be in **ounces**. A piece of bread weighs one ounce.

Each person needs to eat appropriate amounts of food from the food groups each day. These **daily amounts** depend on a persons age, gender and activity level.

Healthy eating is necessary each day. Healthy eating gives the body vitamins, minerals and energy needed to work and play.



Grade: Basic/K-5

Objective:
Students will demonstrate through activity the correct daily amounts for each food group.

Equipment:

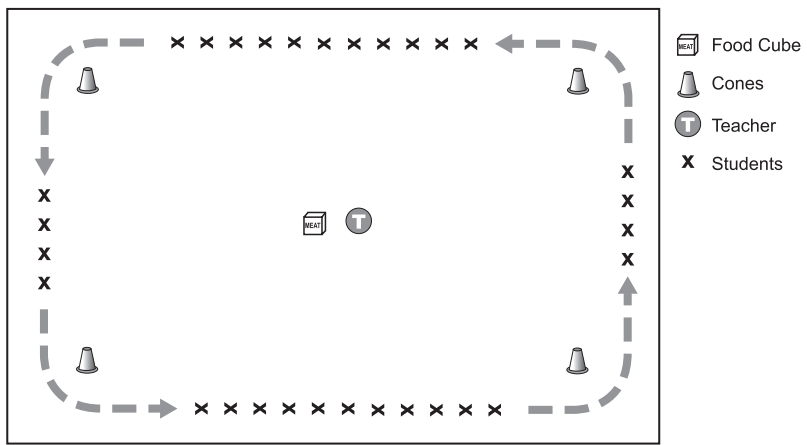
- Food Group Cube
- Cones

FOOD GROUP CUBE WARM-UP

Explanation:
There are 5 food groups and oil in the food pyramid. Each food group has a recommended amount that should be eaten daily. The range for children 5 to 12 years old is 5-7 ounces for Grains 1 1/2-3 cups for Vegetables, 1 1/2-2 cups for Fruits, 2-3 cups Milk and 4-6 ounces for Meat & Beans. It is suggested that Oils are used sparingly, you need some for good health (3-5 tsp). Eating your correct daily amounts from the food groups will give the body the necessary energy to work, grow and play.

- Directions:**
1. Students jog around the play area at a comfortable pace.
 2. Every 15-30 seconds the teacher throws the Food Group Cube into the air.
 3. The students stop their jog and perform specified exercises according to whatever side of the cube is facing up.
 4. If the cube is showing **Oils** the students pretend they are watching TV or playing a video game for 3-5 seconds. This is to demonstrate the correct daily amount of oils and that oils should be eaten in moderation, just as TV and video games should be used in moderation.
 5. If the cube is showing **Milk**, the students perform 2-3 push-ups. This is to demonstrate that the correct daily amount of cups in the dairy group is 2-3.
 6. If the cube is showing **Meats & Beans** the students perform 4-6 squat thrusts. This is to demonstrate that the correct daily amount of ounces in the meats & beans group is 4-6 for this age group.
 7. If the cube is showing **Vegetables**, the students perform 1-3 crunches. This is to demonstrate that the correct daily amount of cups in the vegetable group is 1-3.
 8. If the cube is showing **Fruits**, the students perform 1-2 coffee grinders. This is to demonstrate that the daily amount of cups in the fruit group is 1-2.
 9. If the cube is showing **Grains**, the students perform 5-7 mountain climbers. This is to demonstrate that the correct daily amount of ounces in the grain group is 5-7.
 10. This activity should last 3-5 minutes.

Assessment:
At the conclusion of the game ask students the daily amounts for each of the food groups.





Soccer Sports Skills Circuit

Objectives:

1. To provide a workout that will develop the motor skills involved with Soccer.
2. To provide a workout that develops the muscles and fitness components associated with Soccer.
3. To evaluate the heart rate to improve cardiorespiratory endurance.
4. To build muscular strength/endurance in the muscle groups used in the fitness measurements.

Directions:

1. Pair students at each station.
2. Explain and demonstrate stations.
3. Time 30-50 seconds and then rotate the students.

SOCCER SPORTS SKILLS CIRCUIT

<p>🚩 Cone Dribble</p> <p>🚩 Weight Bar Lunge</p> <p>🚩 Stretch Band Chest Press ⚡</p> <p>🚩 Jump Rope</p> <p>🚩 Soccer Juggle</p> <p>🚩 Medicine Ball Over Under ⚡</p> <p>🚩 Stretch Band Tricep Extension</p> <p>🚩 Agility Ring In/In/Out/Out</p> <p>🚩 Medicine Ball Pumpkin Smashers</p>	<p>🚩 Partner 2 Touch Passing</p> <p>🚩 Step Box Jumps</p> <p>⚡ 🚩 Dumbbell Front Squat</p> <p>🚩 Agility Ring Skier</p> <p>🚩 Soccer Throwing to Wall</p> <p>⚡ 🚩 Stretch Band Lateral Raise</p> <p>🚩 Stability Ball Twister</p> <p>🚩 Step Box Lateral Hop</p> <p>🚩 Stability Ball Walkout Push-Up</p>
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Stations:

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|-----------------------------------|------------------------------------|
| 1. Cone Dribble | 10. Partner 2 Touch Passing |
| 2. Weight Bar Lunge | 11. Step Box Jumps |
| 3. Stretch Band Chest Press | 12. Dumbbell Front Squat |
| 4. Jump Rope | 13. Agility Ring Skier |
| 5. Soccer Juggle | 14. Soccer Throwing to Wall |
| 6. Medicine Ball Over Under | 15. Stretch Band Lateral Raise |
| 7. Stretch Band Tricep Extension | 16. Stability Ball Twister |
| 8. Agility Ring In/In/Out/Out | 17. Step Box Lateral Hop |
| 9. Medicine Ball Pumpkin Smashers | 18. Stability Ball Walkout Push-Up |

Equipment:

- 6 Cones
- 2 Weight Bars
- 6 Stretch Bands
- 2 Jump Ropes
- 75 Soccer Balls
- 3 Med Balls
- 2 Sets of Agility Rings
- 4 Stability Balls
- Step Boxes

