

## PE Central College Lesson Ideas

**Title:** Fitness Integration Final Project (Grading Rubric is a separate file)

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### **Description:**

I want students in my methods courses to leave with something that they will use in their teaching careers, not just memorize facts to pass the course. In this project I ask them to demonstrate the content knowledge they learned throughout the semester and to create something that they can use in the future. Because this is such a comprehensive project I provide them with the assignment within the first two weeks of the semester and remind them that they should begin working on it prior to mid-semester.

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<http://www.pecentral.org/lessonideas/collegelessons.html>

## PED 240

**Fitness Integration Project:** This is a comprehensive project that will use all of the information taught throughout the semester. This is your final project is worth 25% of your grade and will be due when you are scheduled to take your final exam on December 15. The NASPE-PETE standards addressed include: Standards 1.5, 3.1, 3.2, 3.3, 5.1, 5.2, 5.3.

### To complete this project you must include the following in this particular order:

- Get at 3 ring binder for this project. Please do not use sheet protectors.
- The focus of this project is going to be on the Health-Related Fitness Components and how you will integrate them into your PE curriculum.
- You must first choose a grade level for your project: **Elementary (choose k-2 or 3-5), Middle (6-8) or High School**
- Everything you put in the binder must be geared for this particular developmental level.
- List and describe developmentally appropriate fitness activities for each of the Health Related fitness components. So you will have a section of activities for Aerobic Fitness, Muscular Strength and Endurance, Flexibility and Body Composition. (*Standard 1 and 3*)
- In a 1-2 page single spaced, 12 font paper you need to discuss the developmental patterns of this age group- what is normal/expected and how this affects what activities you can do with your students. Provide at least 2 sources for your information. (*Standard 1*)
- What are your exit goal/objectives (related to fitness) for this level? Write them appropriately and link to NASPE standards. Be specific. What do you need (equipment, etc) to achieve these goals with your students and how will you go about this process? (*Standard 3*)
- How does physical education assist with the goal of creating a healthier population in the United States of America? (Include your sources). 1-2 page single spaced, 12 font paper with at least 3 sources. (*Standard 1*)
- Discuss the importance of goal setting and describe/show how will you use goal setting to teach students how to value physical activity? Provide specific documents that you would use with real students to help them set goals. (*Standard 3*)
- What teaching models and strategies will you utilize to help reinforce students' intrinsic appreciation of physical activities and their relationship to health-related fitness? (*Standard 3*)
- What are the assessment strategies you will use to monitor student learning of health-related fitness knowledge, skills and attitudes? How will you use fitness testing (i.e. fitnessgram) as a tool to promote healthy lifestyles? Must provide at least 5 different types of assessments- at least one for each of the H-R components (ones you would actually use on real students!) (*Standard 5*)
- Come up with a rough timeline for the school year (September through May) on how/what you will integrate fitness into your curriculum. (*Standard 3*)
- Provide a list (at least 10 different ones) of your resources/references using APA formatting (see Ref works for some help with this) (*Standard 3*)
- Include your lesson plans, promotion project, SPA's and any note cards used from teaching during this course at the end of your project. You may also include any other articles or resources that were helpful to you.