

Facilities: Blacktop and field

Equipment: Signal; PST; Non-testing station equipment; Sit and reach box; Clipboard with roster to record scores

Introductory activity: Jog to general space

Flexibility: Safe stretches to music

Lesson theme(s): Flexibility post-test; Selected activity review

Activity description: Testing: Sit and reach for flexibility; Bleachball; One-down football; Ultimate frisbee

Facilities: Blacktop and field

Equipment: Signal; PST; Non-testing station equipment; Pull-up bars; Clipboard with roster to record scores

Introductory activity: Jog to general space

Flexibility: Safe stretches to music

Lesson theme(s): Strength and muscular endurance post-test; Selected activity review

Activity description: Testing: Pull-ups and modified pull-ups; Bleachball; One-down football; Ultimate frisbee

Facilities: Blacktop and field

Equipment: Signal; PST; Non-testing station equipment; 1 Mat; Clipboard with roster to record scores

Introductory activity: Jog to general space

Flexibility: Safe stretches to music

Lesson theme(s): Strength and muscular endurance post-test; Selected activity review

Activity description: Testing: Push-ups and modified push-ups; Bleachball; One-down football; Ultimate frisbee

Facilities: Blacktop and field

Equipment: Signal; PST; Mats; Stopwatch; Clipboard with roster to record scores

Introductory activity: Jog to general space

Flexibility: Safe stretches to music

Lesson theme(s): Strength and muscular endurance post-test; Cardiorespiratory endurance post-test

Activity description: Testing: Sit-ups and Mile run

Culminating activity: Review for the written post-test

Facilities: Classroom

Equipment: Written tests; Clipboard with roster to record scores; Skinfold calipers

Lesson theme(s): Cognitive and body composition post-tests

Activity description: Testing: Written test and skinfold measurements

Culminating activity: Review for the written post-test

LESSON 157

Facilities: Blacktop and grassy field

Equipment: Signal; PST; 10 Bleach bottle scoops; 1 Whiffle ball; 2 Large cones; 1 Nerf football; 10 Flag belts; 15 Team vests; 1 Frisbee; Sit and reach box; 1 Large carpet sample; Six pre-determined co-ed teams of five; Clipboard with roster to record scores

Introductory Activity: Once past the other classrooms, run to general space and find your own self space for stretches.

Flexibility: Safe stretches to music

Lesson Theme(s): Flexibility post-test; Selected activity review

Activity Description:

(Assign students to pre-determined teams of five. Assign opponents and designate which team is to wear the vests. Students will stay on these teams and will play against the same team for three class periods, but each class period they will be assigned a different game: Bleachball (see Lesson 40), One-down Football (see lesson 122) or Ultimate Frisbee (see Lesson 155). Let them know they are not to interrupt you with questions about rules or complaints about poor sportsmanship. They must take responsibility for officiating their own games and solving all disputes with the emergency plan. You may want to post a list of rules for each of the games. Meanwhile, you will interrupt each game once during the class period to test all team member's flexibility with the sit and reach. For testing instructions refer to the Physical Best instruction manual or the testing manual used in your State.)

LESSON 158

Facilities: Blacktop and grassy field

Equipment: Signal; PST; 10 Bleach bottle scoops; 1 Whiffle ball; 2 Large cones; 1 Nerf football; 10 Flag belts; 15 Team vests; 1 Frisbee; Pull-up bars; Six pre-determined co-ed teams of five; Clipboard with roster to record scores

Introductory Activity: Once past the other classrooms, run to general space and find your own self space for stretches.

Flexibility: Safe stretches to music

Lesson Theme(s): Strength and muscular endurance post-test; Selected activity review

Activity Description:

(Same as yesterday, with each group of ten involved in a different activity. Post-test pull-ups and modified pull-ups.)

LESSON 159

Facilities: Blacktop and grassy field

Equipment: Signal; PST; 10 Bleach bottle scoops; 1 Whiffle ball; 2 Large cones; 1 Nerf football; 10 Flag belts; 15 Team vests; 1 Frisbee; 1 Tumbling mat; Six pre-determined co-ed teams of five; Clipboard with roster to record scores

Introductory Activity: Once past the other classrooms, run to general space and find your own self space for stretches.

Flexibility: Safe stretches to music

Lesson Theme(s): Strength and muscular endurance post-test; Selected activity review

Activity Description:

(Same as yesterday, with each group of ten involved in a different activity. Post-test push-ups and modified push-ups according to the directions in Lesson 15, Station 1.)

LESSON 160

Facilities: Multipurpose room for sit-ups; Mile run course

Equipment: Signal; PST; Mats; Clipboard with roster to record scores; Stopwatch

Introductory Activity: Once past the other classrooms, run to general space and find your own self space for stretches.

Flexibility: Safe stretches to music

Lesson Theme(s): Strength and muscular endurance post-test; Cardiorespiratory endurance post-test

Activity Description:

Test sit-ups in the multipurpose room according to the instructions in Lesson 19 or in the test manual. Then test the mile run according to the directions in Lesson 16 or in the test manual.

Culminating Activity: Review for the written post-test

LESSON 161

Facilities: Classroom

Equipment: Written tests; Clipboard with roster to record scores; Skinfold calipers

Lesson Theme(s): Cognitive and body composition post-tests

Activity Description:

Administer the written test and body composition test according to the instructions in Lesson 19.