

Grade 6-7-8

Distance Learning Module 7: Week of: May 18th – May 22nd

Grade 7 Physical Education *Modified from - Fitness Unit*

Targeted Goals from Stage 1: Desired Results

Content Knowledge: Students will continue to engage in exercises that require muscular endurance in large muscle groups (legs), core stabilization, as well as benefiting in a cardiorespiratory sense due to the healthy demand on the heart and lungs for the increased need of oxygen and nutrients to be delivered to the working muscles.

Vocabulary: Tabata, Muscular Endurance, High Intensity Interval Training (Tabata is one method of High Intensity Interval Training)

****If your muscles have to contract in a similar pattern more than one time, you are using muscular endurance. Many factors contribute to muscular endurance, including genetics. If you're not genetically predisposed to muscular endurance, though, you can train to improve it. Muscular endurance is the ability of a muscle to exert force against resistance over time.**

Skills: Students will regularly perform muscular endurance exercises of their choice in a sequence in which they choose. In doing a series of similar exercises, they will understand the basic characteristics of exercises that require muscular endurance. Students will apply and understand characteristics of High Intensity Interval Training.

Expectation: Between week 5 sessions and the end of this week, you should have incorporated every square of the matrix into a student-created 5 move work-out sequence with proper technique of movements that enhance muscular endurance using a high intensity interval training format/Tabata protocol.

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Choose any sequence of five squares from the Matrix to perform a total of 15 minutes of exercise using the Tabata Protocol	Muscular Endurance Matrix Example: Applying Tabata Protocol (Only watch for as long as you need to in order to understand/familiarize self with the work and rest time periods)	

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Tuesday		
Wednesday: Choose a new/different sequence of five squares from the matrix to perform a total of 15 minutes of exercise using the Tabata Protocol.	Muscular Endurance Matrix	
Thursday		
Friday: Choose a new/different combination of five squares from the matrix to perform a total of 15 minutes of exercise using the Tabata Protocol.	Muscular Endurance Matrix	Exit Ticket

Week criteria for success (attach student checklists or rubrics):

Exit Ticket via Google Forms

Supportive resources and tutorials for the week (plans for re-teaching):

Tabata and HIIT Timer from App store for Smartphones (Free)

(Fast forward to 6 minute mark and begin watching how the presenter incorporates the Tabata Structure) Example Work Out: Applying Tabata Protocol