

Lesson 11 – PO.9: Fitness, Health, and First Aid

<p><u>Topic:</u> Physical Fitness</p>	<p><u>Standards:</u> EO.1 – Identify the definition, importance, and components of physical fitness. EO.2 – Commit to a personal physical fitness program. EO.3 – Pass the Young Marines Physical Fitness Test.</p>	
<p>Lesson Time: 60-90 + PFT</p>		
<p><u>Objectives:</u></p> <ol style="list-style-type: none"> 1) Define physical fitness. 2) Explain the components of physical fitness. 3) Set a personal fitness goal based on PFT score. 4) Pass the physical fitness test. 	<p><u>Essential Questions:</u></p> <ol style="list-style-type: none"> 1. What is physical fitness? 2. What are the components of physical fitness? 3. What events make up the Young Marines physical fitness program? 	
<p><u>Materials needed:</u></p> <p>Laptop/computer, projector, tape measure, duct tape, pull up/flex arm hang bar, track or space to run 1 mile, cones or pillars for shuttle run, note taking materials</p>		
<p><u>Activities:</u></p> <ol style="list-style-type: none"> 1. Introduce the topic 2. Direct Instruction/Independent Practice <ul style="list-style-type: none"> - PPT and speaker notes to deliver instruction - Warm up and explain each motion - Demonstrate each move of the PFT and then describe the steps - Recruits perform 6-8 reps of each movement (as applicable) while instructors monitor their form 3. Evaluation <ul style="list-style-type: none"> - Physical Fitness Test. 4. Reflection <ul style="list-style-type: none"> - Explain the acronym SMART Goals and how they are to be used. - Examine examples of SMART fitness goals - Recruits will write their own goals using the SMART Goals Chart with the assistance of instructors. - Share goals aloud. 	<p><u>Learning Styles:</u> Linguistic, bodily-kinesthetic, spatial, naturalist</p>	
	<p><u>Reteaching:</u> Correct recruits during practice and review necessary motions at the end of instruction.</p>	
	<p><u>Accommodations:</u> Small group instruction, using videos instead of PPT slide with information, reteaching</p>	
<p><u>Web links for class:</u></p> <p>PFT Videos: https://bit.ly/2HNtxMc</p>	<p><u>Notes:</u></p> <p>The recommended rep count for practice is simply a recommendation. If recruits can complete the movement in fewer reps, do not insist they continue. You don't want to wear them out before their PFT.</p>	