

## **Physical Fitness: Importance of Physical Fitness and PFT**

PO.9, EO.1-3

### **Introduction**

Begin the lesson by explaining the importance of physical fitness as part of a healthy, drug-free lifestyle but also as a part of the Young Marines program. Explain that Young Marines need to be physically fit in order to participate in all of the activities the program offers such as the Academy, SPACES, and NDSP. Introduce the PFT, describe what it is and the purpose it serves, and explain the process for participating in and passing the PFT including the requirements for promotions and ribbons. Finally, explain that today the recruits will just be learning the exercises and participating in their first PFT to see where they stand and to set a goal for their fitness journey.

### **Direct Instruction/Independent Practice**

The direct instruction for this lesson will coincide with independent practice because you will be walking the recruits through a warm-up routine and then teaching them each exercise of the PFT before they complete the entire test in the evaluation.

Begin by explaining the purpose of a warm-up. Name each motion, demonstrate it for the Recruits, then describe how to complete it as someone completes the motion once more. Finally, have the recruits perform the move while instructors move among them. Make sure that every recruit is perform the move with proper form.

Follow the same procedure for each move of the PFT: name the move, demonstrate it or play the video showing the move, and describe the steps for each move while someone demonstrates the move very slowly. When it is time for the recruits to perform the move, have them do no more than six to eight reps of each so that they do not tire out before the PFT. Be sure to have enough instructors to monitor all of the recruits to ensure they are using proper form and make corrections where necessary. If needed, stop the recruits and go over the move again before they resume the activity. Ensure that all recruits are properly performing each move before moving on to the next one. Leave some time at the end of this portion of the lesson for questions or if a recruits needs a move repeated.

You can use Young Marine Recruit Instructors, Adult Volunteers, volunteer Young Marines from the unit, or the instructional videos to demonstrate each of the moves from the PFT. Just be sure to make this decision ahead of time and alert any necessary parties.

### **Evaluation**

The evaluation for this will be the PFT itself. Explain the procedure to the recruits ahead of time and be sure to remind them of each step as it proceeds, telling them what to do before, during, and after each move in the lineup. If you split the Young Marines into different groups to go through different moves in a station-style PFT, be sure that each instructor is aware of the instructions and procedures for directing their group of recruits.

Lead all of the recruits in a cool-down after the PFT.

### **Reflection**

At the end of the PFT, give each recruit their score and a breakdown of where they fell in each category. Assist them as they set a goal for themselves. Have them look at the areas where they scored lowest and use those to create fitness goals. Before you have them write down their goals, go over the template they are going to use: SMART goals. Describe each piece of the

template using a sample goal to point out how to make their own. Then, give them a few examples of what their goals should look like based on different areas of the PFT and let them know that it is ok to use the goals to share with them if they need to work on the same areas. Most younger children have trouble setting goals and will need some assistance with this.

After you offer the examples, give them some time to write their goals into the SMART Goal Chart. Have adults, Young Marines, and instructors circulate to help any of the recruits who are struggling with this activity. When everyone is finished, you can ask for volunteers to share their goals, but they may not want to share. It helps when sharing personal information like goals if you share one you have for yourself or have other role models (older Young Marines, for example) share their own fitness goals to let the younger recruits know that everyone has areas they need to improve on as well.

If possible, collect the SMART Goals Chart to make a copy of and give the original back to the recruits. They will need this goal for objectives in the Basic Guidebook. If you do not have access to a copy machine, make sure to record their goals for reference and use by the Advanced Young Marine responsible for keeping track of unit fitness goals.