

TEAM FITT RPS

STUDENT TARGETS

- ✓ **Skill:** I will demonstrate fitness activities with proper form and attention to safety.
- ✓ **Cognitive:** I will answer questions related to fitness concepts.
- ✓ **Fitness:** I will pace my activity so that I work within the targeted Heart Rate Zone.
- ✓ **Personal & Social Responsibility:** I will work cooperatively with my teammates.

TEACHING CUES

- ✓ Communicate
- ✓ Cooperate
- ✓ Pace Your Activity

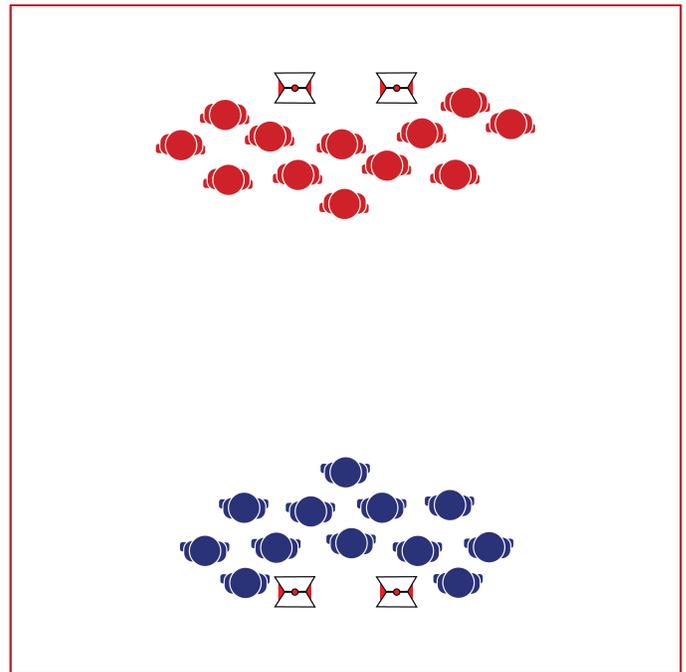
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ 4 cones
- ✓ 4 task tents
- ✓ [Darebee.com PE Cards](http://Darebee.com)
- ✓ Heart rate monitors (HRMs)
- ✓ Team RPS Score Card
- ✓ Team RPS Question Set

Set-Up:

1. Set-up a large activity area using 4 cones and Task Tents.
2. Place Darebee.com PE Cards in task tents, or display the cards using a projector.
3. Create 2 equal teams. Each team starts on an end line. For large groups, create multiple activity areas.
4. Distribute HRMs according to class routine.
5. Designate 1 player per team as a Heart Rate Zone Representative.



Activity Procedures:

1. This fitness activity is called Team FITT RPS. The object of the game is for you and your team to score points by winning Rock, Paper, Scissor matches and then answering fitness-related questions after each round. A round ends when one team wins 5 out of 7 matches.
2. As a team, decide which RPS element you'll play. On the signal, run together to meet the other team at the center line. On, "Rock, Paper, Scissor, SHOOT!" show your element. (Everyone on a team should show the same element.) If the match is a tie, return to your line and then replay the match with a new element.
3. After each match, everyone must return to their team line and complete 5 reps of the Darebee.com exercise displayed. Change exercises after each round of play.
4. Each team is asked 1 question after each round of matches. The team that wins the round (5 out of 7 matches) earns the 3rd bonus question. Correct answers are worth 5 points.
5. Use the Team RPS Score Card to track your score. Score 1 point per match, 5 points per correctly answered question, and 5 points if your team's heart rate zone representative finishes a round of play in a target zone.

Grade Level Progression:

L1: Play as described above.

L2: Each team member must be in the target HR zone before moving to the center line for a RPS match.



TEAM FITT RPS

UNIVERSAL
DESIGN
ADAPTATIONS

- ✓ Pair students to provide a guide for students who require assistance.
- ✓ Provide fitness activities at various levels of intensity and difficulty. Allow students to choose their level of participation.

ACADEMIC
LANGUAGE

FITT, Frequency, Intensity, Time, Type, Heart Rate Monitor, Heart Rate Zone, Target Heart Rate, Cooperation, Communication, Safety

STANDARDS
& OUTCOMES
ADDRESSED

- ✓ **Standard 1 [H3.L1]** Demonstrates competency in one or more specialized skills in health-related fitness activities (L1).
- ✓ **Standard 3 [H10.L1&2]** Calculates target heart rate and applies HR information to personal fitness plan (L1); Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor) to self-monitor aerobic intensity (L2).
- ✓ **Standard 4 [H3.L1&2]** Uses communication skills and strategies that promote team/group dynamics (L1); Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting (L2).

DEBRIEF
QUESTIONS

- ✓ **DOK 1:** What would you include on a list about the FITT Principle?
- ✓ **DOK 2:** How does exercise intensity apply to Team FITT RPS?
- ✓ **DOK 3:** How would you adapt this activity to make it more intense? How would you make it less intense?
- ✓ **DOK 3:** How would you adapt this activity to alter other components of the FITT principle?

TEACHING
STRATEGY
FOCUS

Identify Critical Content: The FITT Principle is foundational knowledge students need as they work toward creating personalized fitness plans. The questions provided in the Team RPS Question Set will arm students with critical information that they'll be able to access for future activities and lessons.