

HEALTH-RELATED JIGSAW

STUDENT TARGETS

- Skill:** I will demonstrate fitness activities with proper form and attention to safety.
- Cognitive:** I will discuss ways to maintain an active lifestyle using available community resources.
- Fitness:** I will increase my heart rate into a target zone.
- Personal & Social Responsibility:** I will work cooperatively with my team to complete the jigsaw challenge.

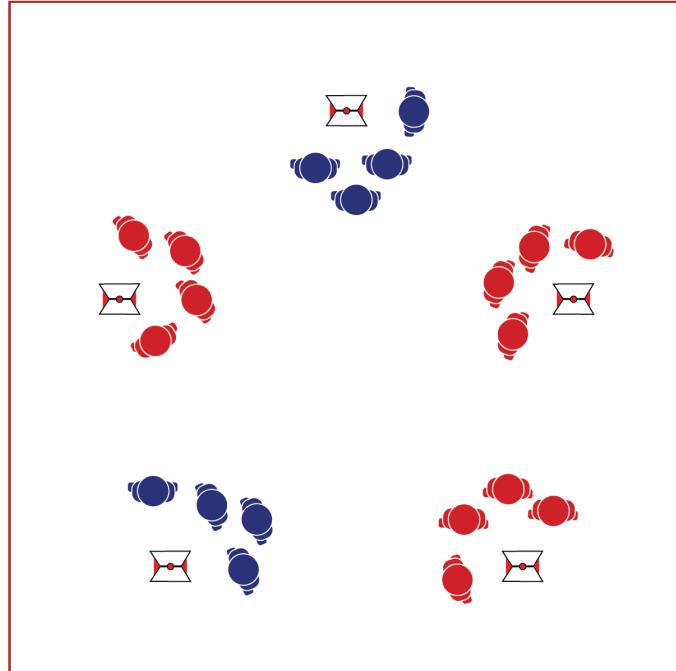
ACTIVITY SET-UP & PROCEDURE

Equipment:

- 5 cones with task tents
- 5 Fitness Puzzles
- Paper and pencil for each team
- Heart rate zone chart
- 5 Darebee.com HITT Routine Cards (Links available at OPENPhysEd.org)

Set-Up:

1. Place cones around the perimeter of the activity area with space for teams to exercise safely.
2. Place cut Fitness Puzzle pieces, along with paper and pencil in task tents behind each Darebee.com card.
3. Place heart rate zone charts in the back side of each task tent.
4. Create 5 equal teams. Each team at a cone.



Activity Procedures:

1. Today we're going to work in our target heart rate zone and unlock fitness puzzle pieces by completing level 1 of a Darebee.com High Intensity Interval Training (HIIT) routine. Monitor your heart rate to make sure you're working in your target zone.
2. After you've completed all the sets for level 1, walk 1 lap around the activity area to cool down and help your heart rate recover.
3. When you've finished your cool-down lap, open your puzzle pieces and complete the puzzle. There will be a cognitive challenge for your team to complete using the paper and pencil.
4. On the music, begin your workout.

Grade Level Progression:

L1: Prompt students to use the information provided on each puzzle to evaluate activities that can be pursued locally in order to improve 1 or more components of fitness.

L2: Prompt students to outline ways in which heart rate monitor and activity tracking technology can be used to support a healthy and active lifestyle.

FITNESS CONCEPT JIGSAWUNIVERSAL
DESIGN
ADAPTATIONS

- Modify activity cards and exercises to meet the needs of all students.
- Decrease the intensity of this activity by allowing groups to complete challenges in relay format.

ACADEMIC
LANGUAGE

Health-Related Fitness, HIIT, Intensity, Target Heart Rate Zone, Exercise Form, Pace, Safety

STANDARDS
& OUTCOMES
ADDRESSED

- Standard 1. [H3.L1 & L2]** Demonstrates competency in one or more specialized skills in health-related fitness activities (L1); Demonstrates competency in two or more specialized skills in health-related fitness activities (L2).
- Standard 3. [H2.L2]** Analyzes and applies technology and social media as tools to support a healthy, active lifestyle (L2).
- Standard 3. [H10.L1 & L2]** 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).

DEBRIEF
QUESTIONS

- DOK 1:** What would you include on a list of local community resources that can help you and your family maintain a healthy and active lifestyle?
- DOK 2:** Pick 1 resource and tell the class all that you know about it.
- DOK 3:** How are community resources related to maintaining a healthy and active lifestyle?
- DOK 4:** What information can we gather to help learn of and understand all the different community resources are available to help us stay physically active?

TEACHING
STRATEGY
FOCUS

Organize students to interact with content: This activity provides a student-centered and cooperative learning environment in which students collaborate and interact with the lesson concepts. Facilitate this process by encouraging students to communicate and help one another to understand and process key lesson points.