

CREATIVE MODE

STUDENT TARGETS

- ✓ **Skill:** I will perform with proper form all of the exercises included in my Creative Mode Routine.
- ✓ **Cognitive:** I will create an exercise routine that is safe and appropriate for all members of my class.
- ✓ **Fitness:** I will test my routine to ensure participants will work in their target heart rate zones.
- ✓ **Personal & Social Responsibility:** I will analyze the health benefits of the exercises in my Creative Mode Routine.

TEACHING CUES

- ✓ Collaborate
- ✓ Communicate
- ✓ Apply Your Knowledge
- ✓ Think Safety

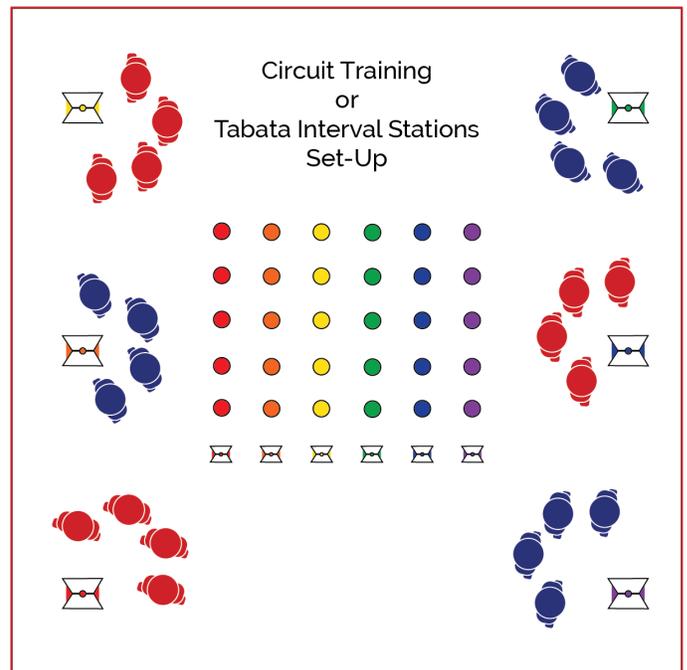
ACTIVITY SET-UP & PROCEDURE

Equipment:

- ✓ A variety of fitness equipment
- ✓ 1 Creative Mode Fitness Worksheet per group
- ✓ 6 Creative Mode Blank Station Cards per group
- ✓ Pens or pencils
- ✓ Heart rate monitors (HRMs)
- ✓ Access to Darebee.com Resources (if possible)

Set-Up:

1. Create equipment centers that are neatly organized and easily accessible to students.
2. Divide class into work groups (we suggest groups of 2-4 students)
3. Give each group a Creative Mode Fitness Worksheet and a pen/pencil.
4. Distribute HRMs according to class routine.



Activity Procedures:

1. Now that we've experienced Tabata interval stations and circuit training routines, it's time to work productively as a group to create your own workout.
2. Use the Creative Mode Fitness Worksheet to complete this task. The criteria for your work is listed on the worksheet. Use the equipment provided to experiment and try your routine before you finalize it. Remember, this routine will be performed and evaluated by your classmates. Each workout must move participants into a specified target heart rate zone.
3. If you chose to create a Tabata interval station workout, use the Tabata Interval Station Workout Card to finalize your work. If you chose to create a circuit training routine, use the Creative Mode Station Cards to finalize your work.

Grade Level Progression:

L2: Students create both Tabata interval stations and circuit training routines with a full analysis of the health benefits of the activities selected.



CREATIVE MODE

UNIVERSAL
DESIGN
ADAPTATIONS

- ✔ Provide a variety of equipment so that all students can create and experience a routine that is appropriate and challenging.

ACADEMIC
LANGUAGE

Creativity, Competence, Personal Fitness, Exercise, Health Benefits, 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 [H9.L1]** Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, PNF, dynamic) for personal fitness development (e.g., strength, endurance, range of motion) (L1).
- ✔ **Standard 4 [H5.L1]** Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, use of equipment, implementation of rules) (L1).
- ✔ **Standard 5 [H1.L1]** Analyzes the health benefits of a self-selected physical activity (L1).

DEBRIEF
QUESTIONS

- ✔ **DOK 1:** How can you recognize exercises that are safe and appropriate for all class members?
- ✔ **DOK 2:** How does the type of exercise (FITT) affect its appropriateness in either the Tabata interval or circuit training formats?
- ✔ **DOK 3:** How is time (FITT) related to each of these routine formats?
- ✔ **DOK 4:** Create an exercise routine for all of your classmates to participate in during an upcoming physical education class.

TEACHING
STRATEGY
FOCUS

Help students process content: With Creative Mode Routine creation, the physical education classroom shifts toward student-centered learning. Learning groups are required to process and generate conclusions about what they've learned in order to produce safe and appropriate exercise routines from which their classmates will benefit. Prompting students to work directly with the content in a real and meaningful way pushes the depth of their understanding further toward cognitive complexity.