

MODULE OVERVIEW

ABOUT THIS MODULE

This module was designed to prepare students both physically and cognitively to maximize their understanding of and performance on fitness tests. While each activity will help to build muscular fitness, enhance aerobic capacity, and improve flexibility, the use of the module’s academic language cards and depth of knowledge (DOK) debrief questions will enhance student understanding of critical fitness concepts.

Our partners at FITNESSGRAM® identify instruction about activity and fitness concepts as the first step in the fitness education process. OPEN’s Plug & Play Fitness activities are designed to facilitate that instruction through vigorous activities that can be done as instant activities throughout the entire school year. The authors recommend that you build these activities into your instructional routine with at least one Plug & Play activity integrated into every instructional block plan.

NATIONAL STANDARDS AND OUTCOMES FOCUS

- ✔ **Standard 3 [E2.3-5]** Engages in the activities of physical education class without teacher prompting (3); Actively engages in the activities of physical education class, both teacher-directed and independent (4); Actively engages in all the activities of physical education (5).
- ✔ **Standard 3 [E5.3]** Demonstrates, with teacher direction, the health-related fitness components (3).

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PLANNING COMPLETE LESSONS

Each Plug & Play Fitness activity in this module is meant to be one part of a complete lesson. Plug & Play activities can be plugged into any skill module as a way to incorporate fitness concepts throughout the school year. OPEN National Trainers recommend the following formula for creating a 30- to 45-minute lesson:

Plug & Play Fitness Activity	5–10 minutes
+ Skill Module Activity with Debrief	10–15 minutes
+ Skill Module Activity with Debrief	10–15 minutes
+ Check for Understanding	5 minutes

Some ideas for incorporating Plug & Play Fitness activities into block plans include:

- Plug & Play Instant Activities
- Fitness Fridays with one or more Plug & Play Activity
- Fitness wrap-ups at the end of short lessons using Plug & Play DOK Exit Slips as assessments

Important: Suggestions are what they say they are: *suggestions*. All OPEN materials are offered in MS Word format so that you can easily modify our suggestions to meet the needs of your students.

ASSESSMENT

Two types of assessments are provided as a part of this module. However, there are many different ways for teachers and students to assess and evaluate student learning and skill development.

Academic Language Quiz

Assess student fitness knowledge throughout the year with short quizzes focused on the academic language of fitness. Use the provided quiz as-is or as a template for creating other Plug & Play Fitness quizzes.

DOK Exit Slips

Plug & Play Fitness activities are meant to offer fitness-building physical activity as well as a context for discussing fitness concepts. Use the provided DOK Exit Slips to document student understanding.

As you review completed DOK Exit Slips, take note of topics and concepts for which students need additional instruction. Allow your observations to guide future planning and instruction.