

MODULE OVERVIEW

ABOUT THIS MODULE

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 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 [M1.6, 8]** Describes how being physically active leads to a healthy body (6); Identifies the five components of health-related fitness (muscle strength, muscle endurance, flexibility, CV endurance, body composition) and explains the connections between fitness and overall physical and mental health (8).
- **Standard 3 [M3.6-7]** Participates in a variety of aerobic fitness activities such as cardio kick, step aerobics, and/or aerobic dance (6); Participates in a variety of strength and endurance fitness activities such as Pilates, resistance training, bodyweight training, and/or light freeweight training (7).
- **Standard 3 [M9.6-8]** Employs correct techniques and methods of stretching (6); Describes and demonstrates the difference between dynamic and static stretches (7); Employs a variety of appropriate static stretching techniques for all major muscle groups (8).

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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.