OPEN’s partnership with FITNESSGRAM® produces another set of fitness education resources designed to create a culture of everyday fitness with your students. High School Plug & Play activities increase exercise intensity with a focus on exercise form, safety, and understanding perceived exertion. Utilizing heart rate monitor technology can enhance teachable moments and increase student motivation.

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| Academic Language Posters |  | **34 pages** |
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| **Student Assessment Tools** |  |  |
| Academic Language Quiz |  |  |
| DOK Exit Slips |  |  |
| Blank Partner Burn-Out Chart |  |  |
| Blank Down-Up Reps Chart |  |  |
| Music Moves Worksheet |  |  |

* **Standard 3 [H1.L1-2]:** Discusses the benefits of a physically active lifestyle as it relates to college/career productivity (L1).
* **Standard 3 [H3.L 2]:** Applies rates of perceived exertion and pacing (L2).
* **Standard 3 [H8.L1-2]:** Relates physiological responses to individual levels of fitness and nutritional balance (L1); Identifies the different energy systems used in a selected physical activity (e.g., ATP-PC, anaerobic/glycolysis, aerobic) (L2).
* **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).

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.

Three 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.

**Blank Routine Worksheets**

Each blank worksheet can be used to check for understanding of fitness concepts as well as to reinforce the individualized nature of personal fitness preferences. Encourage students to use their custom worksheet for their at-home workouts.