

# 2011-2012 NYC FITNESSGRAM Pacing Calendar: Secondary Grades 6-8

For comprehensive information and support regarding NYC FITNESSGRAM go to <http://schools.nyc.gov/nycfitnessgram>.

	September	October	November	December	January	February	March	April	May	June
<b>Important Dates</b>	NYCFG Web Application Opens		Parent-Teacher Conferences: 11/16-11/17			Parent-Teacher Conferences: 2/28-2/29		<b>Web Application Closes March 23<sup>rd</sup></b>	Parent Reports Delivered to Schools	
<b>Professional Development</b>	For comprehensive health and physical education professional development, including NYC FITNESSGRAM support, please refer to the Educator Resources link at <a href="http://schools.nyc.gov/fitness">http://schools.nyc.gov/fitness</a> .									
<b>Theme</b>	Aerobic Fitness	Aerobic Fitness Body Composition	Muscular Fitness	Muscular Fitness Flexibility		Goal Setting Aerobic Fitness Muscular Fitness Flexibility		Continue to integrate Components of Health- Related Fitness		
<b>Assessment</b>	Practice assessments integrated with daily lessons	Practice assessments integrated with daily lessons	<u>Assess:</u> PACER Height Weight  <u>Practice:</u> Push-up Curl-Up	<u>Assess:</u> Push-up Curl-Up	<u>Practice:</u> Trunk Lift Sit & Reach  <u>Assess:</u> Trunk Lift Sit & Reach  <u>Make-up:</u> PACER Push-up Curl-Up		<u>Make-up:</u> ALL Components  <b>Enter all scores into NYCFG web application:</b> <a href="https://nycboe.net/applications/fitnessgram">https://nycboe.net/applications/fitnessgram</a>	<b>Web Application Closes March 23<sup>rd</sup></b>		
<b>Concepts to Incorporate Into Daily Lessons</b>	<ul style="list-style-type: none"> <li>Definition of aerobic fitness</li> <li>Components of a physical activity session including warm up, main physical activity, and cool down</li> <li>Target heart rate zones</li> <li>60 minutes of moderate to vigorous physical activity (MVPA)</li> <li>Health benefits of aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>Circuit training</li> <li>FITT (Frequency, Intensity, Time, Type) related to aerobic fitness and flexibility</li> <li>Interval training</li> <li>Fartlek training</li> <li>Muscle groups</li> <li>Repetitions &amp; sets</li> <li>FITT related to muscular strength and flexibility</li> </ul>	<ul style="list-style-type: none"> <li>Training Principles: overload, progression, specificity, regularity, individuality</li> <li>Strength training safety</li> </ul>	<ul style="list-style-type: none"> <li>Safe vs. unsafe stretching techniques</li> <li>Benefits of flexibility training</li> <li>Activity specific stretches</li> <li>Static &amp; dynamic flexibility</li> </ul>	Continue to Integrate Components of Health-Related Fitness <ul style="list-style-type: none"> <li>Expanding activities</li> <li>Introducing new circuits</li> <li>Adding new activities to stations including student-led warm-ups and cool downs</li> <li>Goal setting for five components of HRF</li> <li>Student-selected activities in line with their goals</li> <li>Sticking to a plan</li> <li>Prepare students and parents for upcoming NYC FITNESSGRAM reports: Understanding the Healthy Fitness Zone and how to use report information for goal setting and reevaluating fitness plans and goals.</li> </ul>					
<b>Suggested Activities from The Physical Best Secondary Guide</b>	<ul style="list-style-type: none"> <li>Aerobic Capture p. 23</li> <li>Clean out Your Arteries p. 26</li> <li>Aerobic Benefit Hunt p. 28</li> <li>Wanderer p. 30</li> <li>Fitting in Fitness p. 36</li> </ul>	<ul style="list-style-type: none"> <li>Four Corner Warm up Cool Down p. 33</li> <li>Heart Beat Station p. 40</li> <li>Cross-Training Trio p. 42</li> </ul>	<ul style="list-style-type: none"> <li>Imposter- or Not? p. 56</li> <li>Go for the Team Gold p. 59</li> <li>Rev-Up Roulette p. 64</li> <li>Muscles in Action p. 69</li> <li>Mission Push-Up Poss. p. 72</li> <li>1,000 Reps p.119</li> </ul>	<ul style="list-style-type: none"> <li>Flexibility Fling p. 90</li> <li>All-Star Stretches p. 92</li> <li>Type Cast p. 95</li> <li>Introduction to Yoga p. 100</li> </ul>	<ul style="list-style-type: none"> <li>Learning Self-Management Skills p. 169</li> <li>Goal Setting p. 174</li> <li>12 Ways to Fitness p.159</li> <li>Chapter 6: Body Composition</li> <li>Chapter 7: Special Events</li> <li>Chapter 2: FITT Review</li> </ul>					

