

2009-2010 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
Important Dates			Parent-Teacher Conferences: 11/16-11/20			Parent-Teacher Conferences: 2/22-2/26	Web Application Closes March 26, 2010			Parent Reports Delivered to Schools
Professional Development	For comprehensive health and physical education professional development, including NYC FITNESSGRAM support, please refer to the Educator Resources link at http://schools.nyc.gov/fitness .									
Theme	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
Assessment	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 Enter all scores into NYCFG web application by March 26, 2010: https://www.nycboe.net/applications/fitnessgram			Web Application Closes March 26, 2010
Concepts to Incorporate Into Daily Lessons	<ul style="list-style-type: none"> Definition of aerobic fitness Components of a physical activity session including warm up, main physical activity, and cool down Target heart rate zones 60 minutes of moderate to vigorous physical activity (MVPA) Health benefits of aerobic activity 	<ul style="list-style-type: none"> Circuit training FITT (Frequency, Intensity, Time, Type) related to aerobic fitness and flexibility Interval training Fartlek training Muscle groups Repetitions & sets FITT related to muscular strength and flexibility 	<ul style="list-style-type: none"> Training Principles: overload, progression, specificity, regularity, individuality Strength training safety 	<ul style="list-style-type: none"> Safe vs. unsafe stretching techniques Benefits of flexibility training Activity specific stretches Static & dynamic flexibility 	Continue to Integrate Components of Health-Related Fitness <ul style="list-style-type: none"> Expanding activities Introducing new circuits Adding new activities to stations including student-led warm-ups and cool downs Goal setting for five components of HRF Student-selected activities in line with their goals Sticking to a plan 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. 					
Suggested Activities from The Physical Best Secondary Guide	<ul style="list-style-type: none"> Aerobic Capture p. 23 Clean out Your Arteries p. 26 Aerobic Benefit Hunt p. 28 Wanderer p. 30 Fitting in Fitness p. 36 	<ul style="list-style-type: none"> Four Corner Warm up Cool Down p. 33 Heart Beat Station p. 40 Cross-Training Trio p. 42 	<ul style="list-style-type: none"> Imposter- or Not? p. 56 Go for the Team Gold p. 59 Rev-Up Roulette p. 64 Muscles in Action p. 69 Mission Push-Up Poss. p. 72 1,000 Reps p. 119 	<ul style="list-style-type: none"> Flexibility Fling p. 90 All-Star Stretches p. 92 Type Cast p. 95 Introduction to Yoga p. 100 	<ul style="list-style-type: none"> Learning Self-Management Skills p. 169 Goal Setting p. 174 12 Ways to Fitness p.159 Chapter 6: Body Composition Chapter 7: Special Events Chapter 2: FITT Review 					

