

2009-2010 NYC FITNESSGRAM Pacing Calendar: Grades 9-12

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: 10/26-10/30					Parent-Teacher Conference: 3/15-3/19 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 Flexibility	Goal Setting/ Aerobic Fitness/ Muscular Fitness/Flexibility			Continue to Integrate Component of Health- Related Fitness						
Assessment	Practice assessments integrated with daily lessons	Practice assessments integrated with daily lessons	<u>Assess:</u> Height Weight PACER Push-up Curl-up	<u>Assess:</u> Sit & Reach Trunk Lift Make-up Assessments 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 MVPA Health benefits of aerobic activity 	<ul style="list-style-type: none"> Continuous Training Interval Training Circuit Training Fartlek Training FITT related to Aerobic Fitness and Flexibility Safe vs. unsafe stretching techniques Benefits of flexibility training Activity specific stretches, Static & Dynamic Flexibility & PNF 	<ul style="list-style-type: none"> Muscle groups Repetitions & Sets FITT related to Muscular Strength and Flexibility Goal setting for five components of HRF Training Principles: Overload, progression, specificity, regularity, individuality Strength training safety 	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. Recommended lean tissue to body fat percentages 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 dance, walk/jog, cycle, swim, circuit train, interval train PACER warm ups Four corners warm up p.33 Continuous relay p.48 Heartbeat stations p.40 Cardio-kickboxing p.45 	<ul style="list-style-type: none"> Continue aerobic activities All star stretches p. 92 Type cast p. 95 Sport Spectacular p. 98 Yoga p. 100 	<ul style="list-style-type: none"> Resistance bands, bodyweight &/or partner resisted exercises, medicine ball exercises, weight training Safely finding the 8-12 rep range using resistance bands p. 61 Resistance band repetitions p. 75 Muscle up p. 78 	<ul style="list-style-type: none"> Learning Self- Management Skills p. 169 Goal Setting p. 174 Program Planning p.187 Sticking to a Plan p. 189 Evaluating a Physical Activity Program p. 192 									