

2009-2010 NYC FITNESSGRAM Pacing Calendar: Elementary Grades 4-5

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: 11/09-11/13				Parent-Teacher Conferences: 3/15-3/19 Web Application Closes March 26, 2010			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	Aerobic Fitness Muscular Fitness	Aerobic 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>Assess:</u> Trunk Lift Sit & Reach <u>Practice:</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 60 minutes of moderate to vigorous physical activity (MVPA) 	<ul style="list-style-type: none"> Health benefits of aerobic activity Circuit training FITT related to aerobic fitness 	<ul style="list-style-type: none"> Muscle groups Definition of muscular fitness Health benefits of muscular fitness 	<ul style="list-style-type: none"> FITT related to muscular strength Training Principles: overload, progression, specificity, regularity, individuality Strength training safety Definition of flexibility 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"> Goal setting Expanding activities Introducing new circuits Adding new activities to stations Including student-led warm-ups and cool downs Target heart rate zones should be introduced & explained 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 Elementary Guide	<ul style="list-style-type: none"> Taking Heart Rate p. 25 Fitness Scavenger Hunt p. 27 You Should Be Dancing p. 37 Aerobic Fitness Log p. 41 	<ul style="list-style-type: none"> Jumping Frenzy p. 45 Healthy Heart Hoedown p. 49 You're my Type p. 53 Chapter 6: Body Composition 	<ul style="list-style-type: none"> Aerobic FITT Log p. 55 Mix it up p. 63 Muscle Hustle p. 67 Sport Roundup p. 72 Muscle S and E Act. Log p. 77 Move & Imp. Ob Course p. 81 Push-Up Curl Up Challenge p. 92 	<ul style="list-style-type: none"> Muscular FITT log p. 95 Flexible Fun p. 106 Intermediate Yoga Poses p. 110 Mirror and Match p. 114 Flexibility Activity Log p. 118 Roll the Stretch p. 122 Sport-Specific Stretch p. 124 Flexibility FITT Log p. 126 Chapter 7: Special Events Chapter 2: FITT Review 								