

# 2014-2015 NYC FITNESSGRAM Pacing Calendar: Grades 9-12

For comprehensive information and support regarding NYC FITNESSGRAM go to <http://schools.nyc.gov/nycfitnessgram>.  
For more information about NYC FITNESSGRAM contact [NYCFITNESSGRAM@schools.nyc.gov](mailto:NYCFITNESSGRAM@schools.nyc.gov) or [Wellness@schools.nyc.gov](mailto:Wellness@schools.nyc.gov).

	September	October	November	December	January	February	March	April	May	June
<b>Important Dates</b>	NYCFG Web Application Opens  Parent-Teacher Conference: 9/17		Parent-Teacher Conference: 11/5 and 11/7		Fall Term Ends: Classes change for semester 2 Enter all data by Jan. 30 <sup>th</sup> Set up new classes on Feb. 3 <sup>rd</sup>		Parent-Teacher Conference: 3/26-3/27	<b>Web Application Closes April 2<sup>nd</sup></b>	Student Reports Delivered to Schools  Parent-Teacher Conference: 5/7	
<b>Professional Development</b>	For comprehensive health and physical education professional development opportunities <a href="#">click here</a> and for additional Educator Resources <a href="#">click here</a>									
<b>Theme</b>	Aerobic Fitness	Aerobic Fitness Body Composition Muscular Fitness	Aerobic Fitness Muscular Fitness Flexibility	Goal Setting / Aerobic Fitness Muscular Fitness / Flexibility			Goal Setting Aerobic Fitness Muscular Fitness			
<b>Assessment</b>	Integrate assessments into daily lessons	Integrate assessments into daily lessons <u>Assess:</u> Height Weight <u>Practice:</u> PACER Push-up Curl-Up Sit & Reach Trunk Lift	<u>Assess:</u> PACER Push-up Curl-up Sit & Reach Trunk Lift	Make-up Assessments  <b>Enter all scores into the <a href="#">NYCFG Web Application</a></b>		Continue to Integrate Components of Health- Related Fitness  <b>Web Application Closes April 2<sup>nd</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 MVPA</li> <li>Health benefits of aerobic activity</li> </ul>	<ul style="list-style-type: none"> <li>Continuous Training</li> <li>Interval Training</li> <li>Circuit Training</li> <li>Fartlek Training</li> <li>FITT related to Aerobic Fitness and Flexibility</li> <li>Safe vs. unsafe stretching techniques</li> <li>Benefits of flexibility training</li> <li>Activity specific stretches,</li> <li>Static &amp; Dynamic Flexibility &amp; PNF</li> </ul>	<ul style="list-style-type: none"> <li>Muscle groups</li> <li>Repetitions &amp; Sets</li> <li>FITT related to Muscular Strength and Flexibility</li> <li>Goal setting for five components of HRF</li> <li>Training Principles: Overload, progression, specificity, regularity, individuality</li> <li>Strength training safety</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>Recommended lean tissue to body fat percentages</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 3rd ed.</b>	<ul style="list-style-type: none"> <li>Cross-Training Trio p. 38</li> <li>Chart Your Heart Rate p.28</li> <li>Continuous relay p.41</li> <li>Heartbeat stations p.36</li> <li>1,000 Reps p.46</li> <li>Circuit Training Choices p. 155</li> </ul>	<ul style="list-style-type: none"> <li>All-star stretches p. 89</li> <li>Type cast p. 95</li> <li>Aerobic Fitness Is FITT p. 31</li> <li>Yoga p. 100</li> <li>Muscle up p. 72</li> <li>Monopoly Fitness p. 148</li> </ul>	<ul style="list-style-type: none"> <li>Resistance bands, bodyweight &amp;/or partner resisted exercises, medicine ball exercises, weight training</li> <li>Safely finding the 8-12 rep range using resistance bands p. 57</li> <li>Flexibility Puzzles p. 92</li> <li>Muscle Fitness Scavenger Hunt p. 75</li> </ul>	<ul style="list-style-type: none"> <li>Learning Self- Management Skills p. 195</li> <li>Goal Setting p. 200</li> <li>Program Planning p.221</li> <li>Sticking to a Plan p. 223</li> <li>Evaluating a Physical Activity Program p. 225</li> </ul>						



