

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 or Wellness@schools.nyc.gov.

	September	October	November	December	January	February	March	April	May	June
Important Dates	NYCFG Web Application Opens Parent-Teacher Conferences: 9/17		Parent-Teacher Conferences: 11/5 and 11/7		Fall Term Ends: Classes change for semester 2 Enter all data by Jan. 30 st Set up new classes on Feb. 3 rd		Parent-Teacher Conference: 3/26-3/27	Web Application Closes April 2nd	Student Reports Delivered to Schools Parent-Teacher Conferences: 5/7	
Professional Development	For comprehensive health and physical education professional development opportunities click here and for additional Educator Resources click here									
Theme	Aerobic Fitness	Aerobic Fitness Body Composition	Aerobic Fitness Muscular Fitness Flexibility	Goal Setting / Aerobic Fitness Muscular Fitness / Flexibility		Goal Setting Aerobic Fitness Muscular Fitness				
Assessment	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 Enter all scores into the NYCFG web application				Continue to Integrate Component of Health- Related Fitness Web Application Closes April 2nd		
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 2nd ed.	<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 	<ul style="list-style-type: none"> Cardio-kickboxing p.45 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 						



