

2014-2015 NYC FITNESSGRAM Pacing Calendar: Grades 9-12 ** Spring Semester Only**

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.

	January		February	March	April	May	June
Important Dates	NYCFG Web Application Opened September 2014	Fall Term Ends: Jan. 30 st Classes change for semester 2	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 Conference: 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 Body Composition Muscular Fitness Flexibility	Goal Setting / Aerobic Fitness Muscular Fitness / Flexibility	Goal Setting Aerobic Fitness Muscular Fitness		
Assessment			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 			

