

# 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](mailto:NYCFITNESSGRAM@schools.nyc.gov) or [Wellness@schools.nyc.gov](mailto:Wellness@schools.nyc.gov).

	January		February	March	April	May	June
<b>Important Dates</b>	NYCFG Web Application Opened September 2013	Fall Term Ends: Jan. 30 <sup>st</sup> Classes change for semester 2	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 Body Composition Muscular Fitness Flexibility	Goal Setting / Aerobic Fitness Muscular Fitness / Flexibility	Goal Setting Aerobic Fitness Muscular Fitness		
<b>Assessment</b>			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 Component 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 3<sup>rd</sup> ed.</b>	<ul style="list-style-type: none"> <li>Aerobic dance, walk/jog, cycle, swim, circuit train, interval train</li> <li>PACER warm ups</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> </ul>	<ul style="list-style-type: none"> <li>Continue aerobic activities</li> <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>Nutrition Memory p. 118</li> <li>Health Quest p. 123</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 up p. 72</li> <li>Warm up With Weights p. 60</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>			

