

2014-2015 NYC FITNESSGRAM Pacing Calendar: Secondary Grades 6-8

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: 9/18		Parent-Teacher Conferences: 11/19-11/20				Parent-Teacher Conferences: 3/11-3/12	Web Application Closes April 2nd	Student Reports Delivered to Schools Parent-Teacher Conferences: 5/6	
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	Muscular Fitness Flexibility		Goal Setting Aerobic Fitness Muscular Fitness Flexibility		Continue to integrate Components of Health-Related Fitness		
Assessment	Integrate assessments into daily lessons	Integrate assessments into daily lessons <u>Assess:</u> Height Weight <u>Practice:</u> PACER	<u>Assess:</u> PACER <u>Practice:</u> Push-up Curl-Up	<u>Assess:</u> Push-up Curl-Up <u>Practice:</u> Trunk Lift Sit & Reach	<u>Assess:</u> Trunk Lift Sit & Reach <u>Make-up:</u> ALL Components Enter all scores into NYCFG web application		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 moderate to vigorous physical activity (MVPA) • Health benefits of aerobic activity 	<ul style="list-style-type: none"> • Circuit training • FITT (Frequency, Intensity, Time, Type) related to aerobic fitness and flexibility • Interval training • Fartlek training • Muscle groups • Repetitions & sets • FITT related to muscular strength and flexibility 	<ul style="list-style-type: none"> • Training Principles: overload, progression, specificity, regularity, individuality • Strength training safety 	<ul style="list-style-type: none"> • 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"> • 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 • 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 3rd ed.	<ul style="list-style-type: none"> • Clean out Your Arteries p. 23 • Aerobic Benefit Hunt p. 26 • Fitting in Fitness p. 33 • Aerobic FITT LOG p.49 	<ul style="list-style-type: none"> • Heartbeat Stations p. 36 • Cross-Training Trio p. 38 • 1,000 Reps p.46 • Continuous Relay p. 41 	<ul style="list-style-type: none"> • Go For The Team Gold p. 55 • Muscle Fitt Bingo p. 62 • Get Fit p. 70 • Mission Push-Up Possible p. 67 	<ul style="list-style-type: none"> • Stretch Marks The Spot p. 87 • All-Star Stretches p. 89 • Type Cast p. 95 • Introduction to Yoga p. 100 • Muscular Fitness Scavenger Hunt p. 75 	<ul style="list-style-type: none"> • Learning Self-Management Skills p. 195 • Goal Setting p. 200 • 12 Ways to Fitness p.166 • Chapter 6: Body Composition • Chapter 7: Combined-Component Training • Chapter 2: FITT Review 					



