Intermediate -Senior Health and Physical Education

EDUC 5333-20

Steve Vorkapich

Macro-Lesson Plan

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**Fitness Stations Methodology**

**Presented by Alessandra Cutrone**

**Fitness Station Introduction and Warm-Up**

*Students will:*

1. Be placed in their assigned groups and be given instructions for the stations *(30 seconds)*
2. Follow instructor on simple warm-ups *(1-2 minutes)*
3. Listen for the whistle when it’s time to move on to the next station. *(on-going)*

**Presented by Alaina Srnec**

**Station 1: Cardio**

*Students will:*

* Side-to-side “skaters” *(30 seconds)*
* High knees: bring knees up in alternating jumps *(30 seconds)*
* Jumping jacks *(30 seconds)*
* Jump rope: single jumps, side-to-side jumps, double jumps *(30 seconds each)*

**Presented by Alexander Salois**

**Station 2: Legs**

1. Squats *(2 minutes)*

*Students will:*

* Stand in a comfortable position, feet between hip and shoulder-width distance apart with toes slightly turned out.
* Have shoulders back and down, chest open and tall.
* Keep heels down and planted throughout the exercise.
* Send hips back as if you are sitting on an invisible chair.
* Bend knees to lower down as far as possible with chest lifted in a controlled movement.
* Press through heels to stand back up to the starting position.

1. Clamshell *(2 minutes)*

*Students will:*

* Lie on their side, keeping their heels together and their hips stable, making sure their heels, hips, and shoulders form a straight line.
* Lift their top leg about 3-4 inches while maintaining contact of their ankles and ensuring that their hips are not rotating.
* Maintain a slow and controlled movement throughout, not holding at the top.

**Presented by Jenni Vlad**

**Station 3: Core *(5 different exercise of 45 seconds each)***

*Students will:*

1. Russian Twist

* Sit on their butt with their legs out and bent forward at a 45-degree angle slightly leaned back. Their feet can be kept right above the ground or with their feet firm on the floor. Slowly twist the torso from side to side towards their hips, with their arms bent at the elbows.

1. Leg Raises

* Lay on their back with their hands placed on their sides on under their lower back
* Slowly raise their legs, keeping them straight or slightly bent at the knees until their butt comes off the floor, and hold for a moment.
* Slowly lower their legs back down and repeat.

1. Bicycle Crunches

* Lay on their back with their knees bent, keeping their feet flat on the ground
* Lacing their hands behind their head (interlocking their fingers if they would like).
* Keep elbows wide and cradle their hand in their hands.
* Bringing their knees up to their shin parallel to the floor, and slightly lift their shoulder blades.
* As they straighten their left leg out at about a 45-degree angle, turn the upper body to the right, bringing their left elbow towards their right knee.
* Repeat on both sides and return to the center position.

1. Crunch

* Lay down on their back, feet on the floor, hop-width apart.
* Bend their knees and place their arms across their chest.
* Contract their abs and inhale, exhaling and lifting their upper body, keeping their head and neck relaxed
* Inhale and return to the starting position and repeat.

1. Crunch Hold

* Hold the upright position of a crunch, exhaling inhaling evenly
* Hold for 10 seconds, break for 5 seconds and repeat 3 times

**Presented by Eric Tremblay**

**Station 4: Chest**

*Students will:*

1. Push-Ups *(1 minute)*

* Start off by kneeling on the ground, getting on all fours, placing their hands about shoulder width apart.
* Lower their body until their chest nearly touches the floor.
* Pause, then push themselves back up and repeat.

1. Incline Push-Up (*1.5 minutes)*

* Preform the same movement as a regular push-up but this time focusing on their lower chest (using bench).
* Place their hands on the bench rather than the floor and perform the same movement as a regular push-up for a certain amount of reps.

1. Decline Push-Up *(1.5 minutes)*

* Preform the same movement as a regular push-up, placing their hands about shoulder width apart but this time focusing on their lower chest (using bench).
* Bend their elbows to their lower chest, until it almost touches the floor, making sure to stay in an aligned position to stay smooth and in control during the movement.
* Push-up until their elbows are straight but not locked than return to the starting position and repeat.

**Presented by Bianca Liburdi**

**Station 5: Arms *(4 minutes)***

*Students will:*

1. Triceps Dip *(2 minutes)*

* Using a bench press into their palms to lift their body and slide forward so that the body clears the edge of the bench.
* Lower themselves until their elbows are bent between 45 and 90-degree angle.
* Push themselves back up slowly until their arms are almost straight and repeat

1. Standing Resistance Band Bicep Curls *(2 minutes)*

* Stand in the middle section of the resistance band shoulder width apart. Make sure they’re comfortable.
* Hold the ends of the resistance bands in their hands, making sure their back is straight
* Arms straight down with their palms at their side, so they face inward. Hold the band so there’s a small amount of tension between their hands and their feet.
* Bend the elbows and hold the curl for 2-3 counts making sure the resistance has good tension and hold for 1-2 seconds to work the muscles.
* Lower their arms and slowly complete the rep, slowly straighten the arms
* Once the arms are back at the starting position repeat.