

8th Grade Fitness & Conditioning Project

PROJECT PURPOSE AND DESCRIPTION:

This is a pretty comprehensive project designed to assess key Physical Education concepts that you have learned while at Cupertino Middle School such as fitness and skill components, principles of training, muscle groups, FIT formula as well as all the fitness days and equipment you have been exposed to. All of this ties into a project where you will design a one day fitness conditioning circuit for an athlete that meets their specific goals. This project will help you develop the skills needed to design your own fitness program in the future.

This is a 2 part project. For part 1, you will design a Google Slide Presentation that explains your entire project (checklist provided) and for Part 2, the class will perform your circuit (checklist provided).

The project has a lot of room for creativity and variety. You have a lot of equipment to utilize in designing an awesome workout for your athlete. Remember, the class will perform this circuit so make it challenging, effective and creative for them.

Here are some key things to think about:

- Determine roles and responsibilities (both preparation and execution) of each person in the project. Please be equitable and fair by trying to divide tasks equally. To complete this project the following tasks will have to be done:
 - Packaging and finalizing the Google Presentation
 - Pictures and videos of the exercises
 - Explain the circuit to the class
 - Demonstrate the exercises to the class
 - Coaching the class during the circuit
 - Leading the warm-up and cool-down

PART 1- GOOGLE SLIDE PRESENTATION CHECKLIST:

Use this checklist to make sure that you have all of the following in your presentation:

- You will draw an athlete randomly. Each athlete will have a performance goal and fitness goal as well as a one type of required equipment and a required format
- One student from the group MUST submit this presentation on Google Classroom.
- Every Google Slide Presentation must have a MINIMUM of 10 REQUIRED slides + 1 slide for each exercise that will be integrated in your circuit (this checklist outlines the required slides and they are listed at the bottom)
- Required Slide #1- Title Page Slide** with everyone's first and last names (be as creative as you can designing the title page)
- Required Slide #2- A Goal Summary Slide** that lists the type and both of the athlete's goals
- Required Slide #3-** Define key words associated with the specific goals (for example- what is agility, muscular endurance, plyometrics, etc.)
- Required Slide #4- A Slide** that summarizes key muscle groups, equipment and exercises that would be most appropriate for each goal (one slide for each goal)
- Required Slide #5- A Slide** that has a short /rationale explanation of how your circuit meets your athlete's goals
- Required Slide #6- A Slide** that explains the EXACT format that will be used for the circuit (the timing, number of rounds and how the groups will rotate)
- Required Slide #7-A Slide** that lists the dynamic warm-up exercises that the class will perform before you do your circuit (it is OPTIONAL for you to have pictures of the warm-up exercises). This slide needs to indicate which region(s) of the body you are warming but not specific muscles. You DO NOT need to produce pics or videos for these.
- Required Slides #8+- One Slide for EACH** exercise in the circuit that contains the following:
 - One exercise in your circuit MUST focus on the core because core strength is essential to all movement
 - Identify which key **Muscle Groups** are being targeted in that exercise
 - Identify the **Fitness Component(s)** that is being targeted
 - Identify the **Skill Component(s)** that is being targeted
 - A **Progression** and **Modification** for each exercise in the circuit
 - All photos/videos must include the members of the group...no images are allowed from the internet
 - It is **MANDATORY** that you include **Pictures and/or Videos** on or embedded in the slides that clearly demonstrate how to perform the exercise (you may need to use several pictures to show the different steps of the exercise)
 - For pictures, it is required that you add some text to "explain" what is happening in the photos regarding proper form. All videos must explain and demonstrate proper form. All videos and pictures must feature you in workout clothes. Jeans and button down collar shirts are not appropriate.
- Required Slide #9- A Slide** that lists the cool-down static stretches that the class would do at the end of the circuit (it is OPTIONAL for you to have pictures of the stretches). This slide needs to name specific muscle groups.
- Required Slide #10- A Slide that Cites all Sources** used to design the circuit (internet, YouTube, etc.)

*Note- An example Google Slide Presentation has been provided for you to see what the presentation requirements look like

**Note- every Google Slide presentation must have a minimum of 8 slides (title, goal summary, overall exercise summary, explanation, format, warm-up, cool-down, cites)

PART 2- CONDITIONING CLASS WORKOUT CHECKLIST:

Use this checklist to best prepare for your class presentation. Your rubric will be based on this checklist.

- ❑ You will need to **complete the “Fit and Cond Class Presentation Template 2017”** and hand it to the teacher the day that you present. If this is not completed, you MAY NOT present. The teacher will use this template to assess your presentation.
- ❑ Your total workout **can NOT be longer than 25 minutes**- 5 minutes for the warm up and approximately 15- 20 minutes for the circuit itself (can be a little shorter or longer depending on the timing structure you plan to use). Keep in mind that you need to set up, present, perform and clean up the circuit- all in one class period.
- ❑ One or more groups members **MUST introduce and explain** the circuit to the class (how many exercises, the timing format and how they will rotate). I recommend that you use a whiteboard.
- ❑ One or more groups members **MUST QUICKLY demonstrate proper technique** for each of the exercises which also includes one progression and modification so that all students performing the circuit can adapt the exercises to their own fitness ability
- ❑ Your entire circuit needs to be purposeful and specific to the athlete’s goals:
 - ❑ Must include a **5 minute dynamic warm up** that specifically addresses muscle groups that will be used in the circuit. One or more of you must lead the warm-up.
 - ❑ Must include a **10-15 minute circuit** that specifically addresses the goal(s) that you defined. This is where I want you to be creative, create a format that will work well during a PE Period. You won’t have a lot of time to set up. Needs to be efficient. This is where you need to be smart about each person’s role in the group.
 - ❑ You will end with the **5 minute** cool-down
- ❑ When the class performs the circuit, **divide the group into coaches**- Coaches check form, motivate and provide progressions and modifications during the workout
- ❑ The group needs to work with the teacher before the class begins to **set up a timer** that directly correlates to the timing structure used in the circuit (teacher will explain what this means)
- ❑ You **MUST use equipment** in your circuit, however, not every station needs to have equipment. Most fitness equipment that we have is fair game to use in your circuit as long as it can easily be transported to the blacktop and accommodate the size of the groups in the station.. It is critical that you think through this piece and practice it before you perform in front of the class.
- ❑ You **MUST do research on how to perform different exercise variations** to add some creativity and variety to your workout- for example, there are a ton of variations for the following exercises; planks, burpees, push ups, abs squats, lunges, jumps, etc.
- ❑ All **equipment needs to be put back EXACTLY the way you found it** when you put it back at the end of the workout.
- ❑ The day your circuit is performed in class, you **MUST arrive to class as early as possible**, quickly get dressed. The goal is to have everything set up and ready to go when the class is all out at roll call.