

PERSONAL FITNESS LESSON PLAN

Subject	Personal Fitness	Unit	Pyramid Workout	Date	April 7th, 2026
Grade	7	Lesson #	2	Duration	53 minutes
Developed by	Samantha Lazaruik			Room	171

<u>General Outcomes:</u>	<u>Specific Outcomes:</u>
CTF (Career and Technology Foundations) outcomes CTF is exploring interests, passions and skills while making personal connections to career possibilities. CTF is working independently and with others while exploring careers and technology.	- I use occupational area skills, knowledge and technologies. - I follow safety requirements associated with occupational areas and related technologies. - I determine how my actions affect learning.
<u>Student Learning Outcomes:</u>	<u>Assessment Strategies</u>
★ Students will use proper techniques and fitness equipment safely and effectively while completing a full-body workout. ★ Students will demonstrate safe participation by following instructions, using correct form, and respecting equipment and space. ★ Students will take responsibility for their learning by choosing appropriate weights, staying on task, and putting forth their best effort throughout the workout.	Observation (During Workout): Teacher circulates to assess student effort, proper form, and safe use of equipment. Skill Execution: Monitor technique for key movements (e.g., squats, rows, presses) and provide corrective feedback. Safety Awareness: Check that students are selecting appropriate weights, using equipment correctly, and following safety guidelines. Questioning & Reflection: Ask students during and after the workout what went well, what was challenging, and why they chose certain weights or modifications.
<u>Lesson Equipment/Resources:</u>	<u>Personalization/Differentiation</u>
☐ Computer & projector ☐ Fitness room equipment ☐ Mats ☐ Student handout (see below: https://drive.google.com/file/d/1jzgJk_sDb9IgHILdpBE2ukNB1y2DD-t/view?usp=sharing)	Exercise Modifications: Provide easier or more challenging variations Peer Support: Encourage students to work with a partner for motivation, spotting, and feedback. Teacher Support: Provide additional demonstrations, cues, or one-on-one support for students who need extra guidance.

LESSON PLAN SEQUENCE
Introduction
- Wait for students to change & complete Attendance (5 min) - Share with students that we will be completing a build your own pyramid full body workout today in class. PYRAMID Workout - a training structure where exercises are performed in increasing then decreasing intensity or duration. - TODAY: we're building a workout that is framed around adjusting repetitions of each exercise. - This method boosts muscle endurance and strength by progressively overloading muscles and improving mental toughness.
Learning/Activity Sequence

Approx. Time	Activity	Teacher Description	Student Expectation
5 minutes	Warm-up	I will start with 1-2 Just Dance videos from youtube for warm-up. After warm-up, I'll go over the handout sheet (see below for pyramid workout) with them so they understand how to fill it in on their own. Additionally, I will go through all the exercises to check for understanding (demo exercise and explain safety for equipment).	Students will participate in warm-up and wait for instruction after completing warm-up. Students will listen to the description of the workout page and ask any question they might need answered before beginning their workout.
32 minutes	Workout	I will circulate both the fitness room and other rooms to ensure all students are working out safely. Additionally, I will assist students in completing the correct form for the exercise but verbal cues and demonstrations.	Students will participate in a workout to the best of their ability. Students can modify their weight based on their ability, comfortability and safety. Additionally, can swap out similar movements if they have an injury/other concern after consulting the teacher.
3 minutes	Cool down	I will cue students to stretch: Legs (quads, hamstrings), Arms (biceps, triceps), Shoulders and end with some deep breathing.	Students will participate in cooldown stretches with a partner or individually.
3 minutes	Clean-up	I will cue cleaning up to all students, making sure everyone is accountable for the equipment they used and everything is put away properly.	Students will help clean up all equipment used and make sure everything is safely put away. Then they will head back to the room and wait till they are dismissed by the teacher to go change.
Conclusion			
Discussion (2 min) - Inquire about what exercise went well for students, and if they have any other exercise they would like more information about for the next class. - Send student to change (5 min)			

Fitness – Create Your Own Pyramid Workout

Student Task

- Choose ONE exercise from EACH muscle group
- You will end up with 6 total exercises for your workout to repeat each round

Exercise Choices

Chest (choose 1) • DB Chest Press • Push-Ups	Triceps (choose 1) • Triceps Dips • Tricep Push Downs	Legs (choose 1) • DB Suitcase Squats • DB Reverse Lunges
Back (choose 1) • Seated Rows • TRX Back Row	Biceps (choose 1) • Bicep Curls • Hammer Curls	Shoulders (choose 1) • DB Shoulder Press • Lateral Raises

Pyramid Structure

Complete ALL 6 exercises each round: (**Rest:** 30-60 seconds between rounds)

- **Round 1:** 6 reps
- **Round 2:** 8 reps
- **Round 3:** 10 reps 🔥
- **Round 4:** 8 reps
- **Round 5:** 6 reps

Student Planning Section

My Workout:

- Chest: _____
- Back: _____
- Triceps: _____
- Legs: _____
- Shoulders: _____
- Biceps: _____

Core Finisher (4 min)

Perform each exercise for **45 seconds**, resting for **15 seconds** between sets:

- ☐ Forearm Side Plank (Right)
- ☐ Plank Shoulder Taps
- ☐ Forearm Side Plank (Left)
- ☐ Bicycle Crunches