

PERSONAL FITNESS LESSON PLAN

Subject	Personal Fitness	Unit	Workout	Date	April 15th, 2026
Grade	7	Lesson #	2	Duration	43 minutes
Developed by	Samantha Lazaruik			Room	171

General Outcomes:	Specific Outcomes:
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.
Student Learning Outcomes:	Assessment Strategies
★ 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.
Lesson Equipment/Resources:	Personalization/Differentiation
☐ Computer & projector ☐ Fitness room equipment ☐ Mats ☐ Cones	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 fitness bingo challenge workout today in class.			
Learning/Activity Sequence			
Approx. Time	Activity	Teacher Description	Student Expectation

5 minutes	Warm-up	I will start with plank air hockey. After warm-up, I'll do workouts on the bingo card and demo 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 card and ask any question they might need answered before beginning their workout.
22 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)			

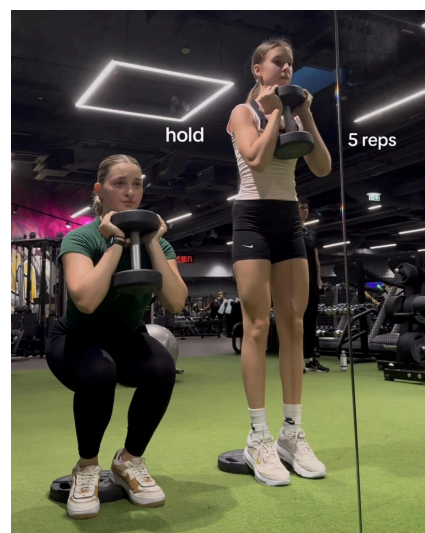
Warm-up Diagram

Plank Air Hockey:



Leg burner:

5 reps db squats and other partner holds a squat then partners switch exercise
4 reps db squats and other partner holds a squat then partners switch exercise
3 reps db squats and other partner holds a squat then partners switch exercise
2 reps db squats and other partner holds a squat then partners switch exercise
1 rep db squats and other partner holds a squat then partners switch exercise



Fitness 7 Workout – Fitness Bingo Card

FITNESS

BINGO

HOW IT WORKS:

- YOU WILL WORK WITH A PARTNER TO COMPLETE EACH SQUARE ON THE BINGO CARD.
- EACH SQUARE = 30 TOTAL REPS PER PERSON, COMPLETED AS **2 SETS OF 15** OR **3 SETS OF 10**

30 Push-Ups	30 Squats	30 Bicep Curls	30 Shoulder Press	30 Seated Rows
30 Chest Press	30 Calf Raises	30 Front Raises	30 Lat Pull Downs	30 Hammer Curls
30 Lateral Raises	30 Leg Press		30 Tricep Pushdowns	30 Chest Fly
30 Tricep Dips	30 Squat Pulses	30 Skull Crushers	30 Reverse Lunges	30 Assisted Pull-Ups
30 Decline Push-Ups	30 TRX Back Rows	30 Alternating DB Curls	30 Arnold Press	60-sec Wall Sit

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