

BALTIMORE CITY
PUBLIC SCHOOLS

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Senior Project
Physical Education

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Course: High School Physical Education
Project Title: Mapping your Fitness Journey
Project Overview: Students will self-select physical activities that they can do with the time, equipment, and space that they have over a six-week period and reflect on their experiences.
Essential Question: How will you maintain or enhance your health and physical fitness levels as you transition to college and/or career?
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Areas of Application: Personal health, wellness, and physical fitness
Background Information/Context: Students' ability to develop a comprehensive and individual physical activity plan that prepares them for a lifetime of wellness and regular physical activity is central to high school grade-level outcomes. As students embark on creating a fitness plan they will experience many challenges, so not only are students asked to apply knowledge but they also are asked to reflect on habits and behaviors that interfere with their goal of regular physical activity and wellness.

Technology

While technology is not a requirement of this project, it can be very helpful. A large component of this project involves you being physically active and there are many free apps, websites, and YouTube channels devoted to fitness that can assist you with developing and implementing your fitness plan. Many of these resources also have a filter feature. For example, if you have a smart phone, you may want to download the Peloton application (free for 90 days, no credit card required) to help you choose activities that you can do with the space and materials you have. Peloton is just one resource, you're encouraged to search for resources on your own and with the help of your project monitor. The use of Microsoft Office and/or Google Docs, Forms, etc. are also useful for managing the fitness log and writing pieces.

Vocabulary

Health-enhancing	Cardio	Strength
Flexibility	Borg Rating of Perceived Exertion	Health-related fitness

Standards and Grade Level Outcomes

Standard(s)	Grade Level Outcome(s)
Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	<p>S3.H11.L2: Develops and maintains a fitness portfolio (e.g. assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement).</p> <p>S3.H12.L1: Designs a fitness program including all components of health-related fitness, for a college student or employee in the learner's chosen field of work.</p> <p>S3.H6.L1: Participates several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day.</p> <p>S3.H5.L2: Analyzes the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings.</p>

Project Completion Requirements

1. Sign and complete accountability contract
2. Identify and publish a SMART goal
3. Develop a 10-day fitness plan using provided template
4. Implement the plan for three weeks, adjusting as necessary and recording all activities in the log provided
5. Week 3 reflection to prompts one and two
6. Week 4 reflection to prompts one and two
7. Week 5 reflection to prompts one and two
8. Week 6 final reflection (500-750 words)

Weekly Plan

Week 1	<input type="radio"/> Read and complete the B'More Fit Contract <input type="radio"/> Develop a SMART Goal that will focus you as you progress through the project
Week 2	<input type="radio"/> Develop a fitness plan by applying previously learned fitness knowledge and reflecting on your current levels of fitness <input type="radio"/> Review the Borg Rating of Perceived Exertion
Week 3	<input type="radio"/> Implement the plan, adjusting as necessary and recording all activities <input type="radio"/> Provide a written response to the "Week 3 Prompts"
Week 4	<input type="radio"/> Implement the plan, adjusting as necessary and recording all activities <input type="radio"/> Provide a written response to the "Week 4 Prompts"
Week 5	<input type="radio"/> Implement the plan, adjusting as necessary and recording all activities <input type="radio"/> Provide a written response to the "Week 5 Prompts"
Week 6	<input type="radio"/> Provide a final written reflection in accordance with the directions

Assessment

This project has several components (listed below) for which you will be evaluated on. Please review the rubric at the end of the document to know how the project will be assessed. Refer back often to make sure you're addressing each indicator correctly.

Indicators from Rubric				
Goal meets the SMART criteria	Plan includes daily activity and cardio activity at least 3 days each week	Documents participation using the provided format	Weekly response to writing prompts	Final Reflection

*Complete rubric located on the final page

Week 1

Grade-Level Outcome: Develops and maintains a fitness portfolio (e.g. assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). (S3.H11.L2)

Objective: I will reflect on my current fitness levels to develop at least one SMART goal for my personal fitness portfolio.

Task: Personal Contract and SMART Goal

Instructions: Complete the personal contract below and develop your SMART Goal. This is one way to help you hold yourself accountable as our daily lives can easily distract us from our health and fitness. Include a parent, guardian, teacher or other adults signature that can help you reach on your fitness journey.

Identify your personal goal using the SMART principle (specific, measurable, achievable, realistic, time-bound. (i.e. By June 1st, I will improve my cardiorespiratory endurance as measured by the mile run by 5% (reduce current 10-minute mile to 9 minutes 30 seconds). For further guidance on writing a SMART Goal visit active.com/fitness/articles/how-to-set-s-m-a-r-t-goals.

B'More Fit Contract

Name: _____

Date: _____

Soon, you will implement your personal fitness plan. The plan that you develop should be based on previous fitness assessments, personal interest, and self-identified areas of improvement. This contract is to document your commitment to implementing and completing your fitness plan over the next six weeks. This will require you to maintain an activity log, track your progress over time, and modify your plan as needed. During the sixth week, you will reflect on your progress based on the SMART goal(s) you set at the beginning.

Your SMART goal(s):

By signing this contract, you commit to improving your current health and physical fitness levels through purposeful physical activity at least three times a week for 60 minutes, tracking your progress by recording the activities in the log, and reflecting on your progress throughout the experience.

My signature _____

Parent/Guardian/Teacher/Support Adult Signature _____

Week 2

Grade Level Outcome: Designs a fitness program including all components of health-related fitness, for a college student or employee in the learner’s chosen field of work. (S3.H12.L1)

Objective: I can create and design a 10-day fitness plan that will help me reach my SMART goal and further develop my overall health and fitness levels.

Task: Develop a Fitness Plan

Instructions: Review Borg’s Rate of Perceived Exertion then complete the grid below to plan a comprehensive fitness plan. A well-rounded fitness plan will help you reach your goal(s) faster so be sure to include activities for each component. Your planned activities should vary.

Borg Rate of Perceived Exertion (RPE) Review: During this work we want you to rate your perception of exertion, i.e. how heavy and strenuous the exercise feels to you and how tired you are. The perception of exertion is mainly felt as strain and fatigue in your muscles and as breathlessness or aches in the chest.

Use the Borg RPE scale from 6 to 20, where 6 means “No exertion at all” and 20 means “Maximal exertion.”

Example:

9 = Very light. A healthy person taking a short walk at his or her own pace.

13 = Somewhat hard. It still feels OK to continue.

15 = It is hard and tiring, but continuing is not terribly difficult.

17 = Very hard. It is very strenuous. You can still go on, but you really have to push yourself and you are very tired.

19 = An extremely strenuous level. For most people this is the most strenuous exercise they have ever experienced.

Try to appraise your feeling of exertion and fatigue as spontaneously and as honestly as possible, without thinking about what the actual physical load is. Try not to underestimate, nor to overestimate. It is your own feeling of effort and exertion that is important, not how it compares to other people’s.

Complete your fitness plan using the template on the next page. Remember, this is just a plan, it can and should change as you begin implementing it. The key is that you find a routine that works for you and helps you reach your goal. For ideas on the types of activities that you can do for each of the three health-related fitness components, think about your experiences in physical education and/or sport, you may also conduct a Google search. Some examples that don’t require any equipment are listed below.

Cardio	Strength	Flexibility
Jump Rope (with or without a rope)	Push-Ups	Back-Saver Sit and Reach
Jogging	Curl-Ups	Butterfly Stretch
Jumping Jacks	Plank	Sphinx Pose
Burpees	Lunges	Standing Hamstring Stretch

Fitness Plan

Day/Date	Fitness Component	Planned Activity	Intensity (Borg) (6-20)	Time (minutes)
<i>Example</i>	Cardio	<i>Fun Run using Peloton App</i>	<i>15</i>	<i>30</i>
<i>Monday 4/6</i>	Strength	<i>Bicep curls 20 reps x 3, Push-Ups 10 reps x 3, 1-minute wall sit x3</i>	<i>12</i>	<i>20</i>
	Flexibility	<i>Yoga</i>	<i>8</i>	<i>10</i>
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			

Week 3-5

Grade-Level Outcome: Participates several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day. (S3.H6.L1)

Objective: I can engage in purposeful physical activity as a way to progress toward reaching my SMART goal.

Task: Implement the Plan

Instructions: Complete the activity log below based on your level activity over the next 3 weeks. If you need more space, please use a separate sheet of paper. At the end of each week, please respond to the reflection prompts at the bottom of the log.

SMART Goal:				
Day/Date	Fitness Component	Planned Activity	Intensity (Borg) (6-20)	Time
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
Reflection Prompt #1:	My biggest challenges this week were...			
Reflection Prompt #2:	My biggest successes this week were...			

Week 3-5 continued

Task: Implement the plan, make adjustments as needed.

SMART Goal:				
Day/Date	Fitness Component	Planned Activity	Intensity (Borg) (6-20)	Time
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
Reflection Prompt #1:	My biggest challenges this week were...			
Reflection Prompt #2:	My biggest successes this week were...			

Week 3-5 continued

Task: Implement the plan, make adjustments as needed.

SMART Goal:				
Day/Date	Fitness Component	Planned Activity	Intensity (Borg) (6-20)	Time
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
	Cardio			
	Strength			
	Flexibility			
Reflection Prompt #1:	My biggest challenges this week were...			
Reflection Prompt #2:	My biggest successes this week were...			

Physical Education Senior Project Rubric

Indicator	Developing (1)	Competent (2)	Proficient (3)
Goal meets the SMART criteria	<ul style="list-style-type: none"> Two or more SMART criteria missing 	<ul style="list-style-type: none"> One SMART criteria missing 	<ul style="list-style-type: none"> All SMART criteria included
Plan includes daily activity and cardio activity at least 3 days each week	<ul style="list-style-type: none"> Activity minutes less than 60 minutes per day Cardio activity included on less than 3 days each week 	<ul style="list-style-type: none"> Each day at least 60 minutes of activity At least 3 days each week include cardio activity Days of greater intensity mixed with lighter intensity 	<ul style="list-style-type: none"> Each day at least 60 minutes of activity At least 3 days each week include cardio activity Days of greater intensity mixed with lighter intensity Plan is sequential and progressive
Documents participation using the provided format	<ul style="list-style-type: none"> Components missing or not reported Some days skipped or not reported 	<ul style="list-style-type: none"> Log completed for most components. At least 10 days reported 	<ul style="list-style-type: none"> Log completed for all components All 15 days reported
Weekly response to writing prompts	<ul style="list-style-type: none"> Not all prompts addressed 	<ul style="list-style-type: none"> Prompts addressed for two of the three weeks Makes connections between participation and fitness level 	<ul style="list-style-type: none"> All prompts addressed Makes connection between participation and fitness level
Final Reflection	<ul style="list-style-type: none"> One question addressed in response Does not make connection to participation and personal health and wellness 	<ul style="list-style-type: none"> Two-three questions addressed in response Reflection describes experience and includes general comments in personal response Indirect connections made to personal health and wellness 	<ul style="list-style-type: none"> All questions addressed in response Reflections clearly articulates the experience and includes detailed and insightful statements Direct connections made to personal health and wellness

Source: PE Metrics 3rd Edition