

Lesson for accommodations for children with special needs.

Grade Level: 10-12th grade

Subject: Elective Physical Education

Materials Needed: Presidential Fitness Standards (print), PE Uniform, Personal Fitness File, Pencil (provided), (For myself, my palm piolet to take attendance, my stop watch, my whistle, the students fitness files, pencils.)

(Chris has an Autism Spectrum Disorder)

Standards:

1. Physical Education (PE) standard #3 for elective PE- Demonstrate knowledge and skills to maintain a health enhancing level of physical activity and fitness.
2. PE standard #4- Exhibits responsible personal and social behaviors that respects self and others.

Objectives:

1. Students will be able to evaluate their physical fitness level with certain activities on the presidential fitness standards.
2. Students will understand the importance of hydration before, during, and after a run or physical activity.
3. Students will be able to analyze their own physical fitness level and set goals for the end of the year.

Learning Activities:

1. Students will walk into the locker room and they have 10 minutes to get dressed and they will remain in the locker room until I am ready witch is approximately 10 minutes. In the locker room students will be able to check on what we are doing for the day listed on the white board which reads “Presidential Fitness Testing Day”. “On Track” “mile run test” and “pushup test”. 10 minutes (**Chris comes inside the PE office after he dresses out and sits on couch.**)
2. Blow whistle and tell class to proceed to the track and walk out with them, me carrying my palm piolet for attendance, Students Personal Fitness Files, my stop watch, and whistle along. (**Chris will assist me to carry the box of pencils as we walk down to the track together**) 5 minutes
3. Students will get in attendance order (which is their stretching lines). I will take attendance on my Palm Piolet while I and Chris lead and commence stretching. 10 minutes. (**Chris is at the front of the line and is the leader of stretches and I tell him what to say is the next stretch.**) 10 minutes
4. Stretching is over so telling students to get water and personal fitness file along with a pencil. I then explain what we are doing today. “We will be completing a pushup test and a mile run today in that order. If you take a look in your personal fitness file you will find the presidential and national fitness award progress sheet that you can take a look at and

find what you need to do to qualify for either of the two awards. Now we will be getting water again after the pushup test but do not drink too much, you need to take light and small sips right before a run or else too much water will result in cramping. Then we will get water again after the run before we head back inside. It is important to continue to hydrate after your workout so you can replenish all the water you drank before that turned into sweat. If at any time you need water during the run, remember short and light sips to prevent cramping. Now find a partner and get ready for the pushup test.

Remember for pushups for time you want to have your arms close to your sides as possible to enable how much movement you do efficiently. Remember pace yourself, you have you will have 1 minute to do as many pushups as you can then you will record it in your fitness file. Then we will get ready for the next partner, then repeat the same process. **(Chris will either be a leader with me in the testing or depending on how he feels he can do pushups with the class, Chris knows how to do modified pushups on his knees if he can't complete actual pushups.)**

5. Commence pushup test as stated in #4. 10 minutes for #4 and #5.
6. Hydration and get students ready for mile run, tell students about techniques about pacing themselves so that if they want to get the best time possible without waring out they need to be just above a jog and under a sprint, if they need to they should walk and a good pace until they regain breath to get their energy back before running again. 5 minutes.
7. Commence mile run, time with stop watch, 4 laps around track, students are on own honor. I will be calling out times as time goes on. Students will record their final time after they finish and water when and if needed. **(Chris knows that he is allowed to walk but he can jog a little too, I call him in after his 1st or 2nd lap depending on if he walks or jogs more to allow him to finish before the class is done with their test.)** 15 minutes
8. Talk about goal setting and that at the end of the year students should have the least goal of just beating their last times and records. That fitness outside the classroom will help them achieve goals.
9. Dismiss class back up to locker room and get ready for next period as they are released when the bell rings. **(Chris is with me back up to the locker room and after he gets dressed he comes into the PE office until the bell rings to dismiss the class.)**

Assessments:

Students are participating in the Presidential fitness activity so they will be tested on many physical activities and stretching in order for them to be aware of their own personal fitness level. Students will be recording their marks and times in their Personal fitness file to track their progress and be able to set goals to beat their old record and see their progress and possibly qualify for the presidential or national fitness award.

This is the Standard for the Presidential award that I have placed in the student's files and the second picture is for the national award. As well the sheet I have made on Microsoft excel that allows them to write in their time and reps they achieve on a certain activity.

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull- Ups (#)	OR	Rt. Angle Push-Ups (#)	OR	Flexed- Arm Hang (sec)
										(min:sec) 1/4 mile	(min:sec) 1/2 mile					
BOYS	6	22		10	13.3	+1.0		26	12:36	2:21		1		7		6
	7	28		13	12.8	+1.0		25	11:40	2:10		1		8		8
	8	31		17	12.2	+0.5		25	11:05		4:22	1		9		10
	9	32		20	11.9	+1.0		25	10:30		4:14	2		12		10
	10	35		24	11.5	+1.0		25	9:48			2		14		12
	11	37		26	11.1	+1.0		25	9:20			2		15		11
	12	40		32	10.6	+1.0		26	8:40			2		18		12
	13	42		39	10.2	+0.5		26	8:06			3		24		14
	14	45		40	9.9	+1.0		28	7:44			5		24		20
	15	45		45	9.7	+2.0		30	7:30			6		30		30
16	45		37	9.4	+3.0		30	7:10			7		30		28	
17	44		42	9.4	+3.0		34	7:04			8		37		30	
GIRLS	6	23		10	13.8	+2.5		27	13:12	2:26		1		8		5
	7	25		13	13.2	+2.0		27	12:56	2:21		1		8		6
	8	29		17	12.9	+2.0		28	12:30		4:56	1		9		8
	9	30		20	12.5	+2.0		28	11:52		4:50	1		12		8
	10	30		24	12.1	+3.0		28	11:22			1		13		8
	11	32		27	11.5	+3.0		29	11:17			1		11		7
	12	35		30	11.3	+3.5		30	11:05			1		10		7
	13	37		40	11.1	+3.5		31	10:23			1		11		8
	14	37		30	11.2	+4.5		33	10:06			1		10		9
	15	36		26	11.0	+5.0		36	9:58			1		15		7
16	35		26	10.9	+5.5		34	10:31			1		12		7	
17	34		40	11.0	+4.5		35	10:22			1		16		7	
BOYS	6	22		10	13.3	+1.0		26	12:36	2:21		1		7		6
	7	28		13	12.8	+1.0		25	11:40	2:10		1		8		8
	8	31		17	12.2	+0.5		25	11:05		4:22	1		9		10
	9	32		20	11.9	+1.0		25	10:30		4:14	2		12		10
	10	35		24	11.5	+1.0		25	9:48			2		14		12
	11	37		26	11.1	+1.0		25	9:20			2		15		11
	12	40		32	10.6	+1.0		26	8:40			2		18		12
	13	42		39	10.2	+0.5		26	8:06			3		24		14
	14	45		40	9.9	+1.0		28	7:44			5		24		20
	15	45		45	9.7	+2.0		30	7:30			6		30		30
16	45		37	9.4	+3.0		30	7:10			7		30		28	
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	7	25		13	13.2	+2.0		27	12:56	2:21		1		8		6
	8	29		17	12.9	+2.0		28	12:30		4:56	1		9		8
	9	30		20	12.5	+2.0		28	11:52		4:50	1		12		8
	10	30		24	12.1	+3.0		28	11:22			1		13		8
	11	32		27	11.5	+3.0		29	11:17			1		11		7
	12	35		30	11.3	+3.5		30	11:05			1		10		7
	13	37		40	11.1	+3.5		31	10:23			1		11		8
	14	37		30	11.2	+4.5		33	10:06			1		10		9
	15	36		26	11.0	+5.0		36	9:58			1		15		7
16	35		26	10.9	+5.5		34	10:31			1		12		7	
17	34		40	11.0	+4.5		35	10:22			1		16		7	