

# Muscular Strength / Endurance Unit

**Grade Level:** 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>

**Unit Focus:** Push-up / Curl-up – Muscular Strength & Endurance Unit  
5 Weeks

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## Overview & Purpose

- To understand how Muscular strength and endurance activity effects the body.
- To understand that the push-up and curl-up tests are muscular strength and endurance tests.

## Standards Addressed

Standard 1: Personal Health and Fitness  
Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.  
Standard 2: A Safe and Healthy Environment.  
Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

## Learning Outcomes

- Students will participate in sustained physical muscular strength activity that increases heart rate, breathing rate and body temperature.
- Students will complete Push-up and Curl-up Tests to the best of their ability.

## Instructional Activities

### Fitness/Warm Up

1. Students will take their own attendance, touching interactive smart board to mark themselves present.
2. Students will complete warm-up routine consisting of stretching, aerobic activity and muscular strength exercises.

### Movement/Skill (Unit Focus)

1. Students will be split up into groups. Each group will be assigned a station. There will be 4 stations, 2 of which will be muscular strength activities.
2. Station 1- Push-up hockey with Bean Bags
3. Station 2- Exercise Cards
4. Station 3- Circle Bear crawl
5. Station 4- Throwing and catching with a manipulative
6. Station 5- Think Map of the week- Aligned with Muscular Strength Exercise
7. Stations will be adjusted each week to challenge classes
8. Cool down at the end of class. Stop and Breathe
9. Unit will culminate with Fitnessgram Push-up and Curl-up tests

### Games/Closure/Cooldown

1. Students will walk around the GYM and cool down. Breathe
2. Class/Classes will line up and go to the water fountain 1 at a time
3. Questions: What did we do today and why did we do it ?

## Materials /Resources

- Smart TV
- PACER Audio
- Speaker
- Bean Bags
- Fitness cards

## Safety

- Look in the direction you are running
- Stay with your group
- Freeze when music stops

## Essential Questions

- Why are we doing the push-up / curl up test?
- What is your target # of push-ups / curl-ups?

## Modification/Differentiation

- Allow more or less time in each station for classes that require it.
- Adjust level of difficulty in stations for groups that require it.

## Assessment Methods

- |  |   |  |
|--|---|--|
| <input checked="" type="checkbox"/> Teacher Observation              | <input type="checkbox"/> Exit Slip                        | <input type="checkbox"/> Pickers       |
| <input checked="" type="checkbox"/> Fitness Testing- Data Collection | <input checked="" type="checkbox"/> Class Question/answer | <input type="checkbox"/> Oral Response |

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Skill-Based Checklist or Rating scale | <input type="checkbox"/> Video-Based assessment | <input type="checkbox"/> Cognitive Test |
| <input type="checkbox"/> Group Assignment                      | <input type="checkbox"/> Homework Activity      | <input type="checkbox"/> Other          |

## Diagram



