

Lesson Plan - PE Class with Gamification Elements

Section	Details
Lesson Title	PE Class with Gamification Elements
Date	18.4.2024
Grade Level/Subject	7.A PE
Duration	90 min
Learning Objectives	<p>Introduce students to measurable fitness disciplines: push-ups, pull-ups, bodyweight squats, and a 100m sprint.</p> <p>Establish baseline performance metrics for each discipline.</p> <p>Teach the principle of progressive overload and its role in fitness improvement.</p> <p>Provide personalized training plans to track progress.</p> <p>Discuss the importance of recovery and regeneration for physical performance.</p>
Materials Needed	<p>Stopwatch for sprint timing.</p> <p>Resistance bands or assisted pull-up equipment.</p> <p>Shared Google Sheet or other tracker for logging results and plans.</p>
Standards Addressed	Standards established by the Ministry of Education
Introduction	<p>Purpose: Explain how measurable fitness tests help track progress and motivate improvement.</p> <p>Engagement: Discuss why setting personal fitness goals is essential for long-term health and performance.</p> <p>Overview: Introduce the concept of gamified tracking, where students compete with themselves to improve their performance over time.</p>
Instruction	<p>Step 1: Warm-Up (15 minutes)</p> <ul style="list-style-type: none"> ● Dynamic Movements: <ul style="list-style-type: none"> ○ Light jogging (2–3 minutes). ○ Arm circles, leg swings, and hip rotations (5 minutes). ○ Bodyweight exercises: 10 squats, 10 lunges, and 10 push-ups (progression or scaling as needed). ● Teacher Explanation: <ul style="list-style-type: none"> ○ Emphasize the importance of warming up to prevent injuries and prepare the body for performance testing. <p>Step 2: Technique Demonstration (10 minutes)</p> <ul style="list-style-type: none"> ● Push-Ups: Proper hand placement, core engagement, and full range of motion.

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	<ul style="list-style-type: none"> ● Pull-Ups: Grip variations and assisted pull-up techniques (e.g., resistance bands). ● Bodyweight Squats: Proper form—knees tracking over toes, neutral spine, and depth. ● Sprint: Starting position, acceleration mechanics, and finishing strong. <p>Step 3: Baseline Performance Testing (35 minutes)</p> <ul style="list-style-type: none"> ● Student Testing: <ul style="list-style-type: none"> ○ Perform maximum repetitions or best times for each discipline: push-ups, pull-ups, bodyweight squats, and a 100m sprint. ○ Allow 2–3 minutes of rest between tests. ● Record Results: <ul style="list-style-type: none"> ○ Students log their performance into a shared Google Sheet or class tracker. ○ Example tracker: ○ Name Push-Ups (max) Pull-Ups (max) Squats (max) Sprint (time, sec) ○ Student A 20 5 30 15.2 ○ Student B 15 3 25 14.8 ○ Student C 10 1 20 16.5
Gamification Elements	<ul style="list-style-type: none"> ● Students compete with their own baseline metrics using a shared tracker. ● Progress tracked weekly through personalized training plans with increasing challenges. ● Reward system based on consistency and improvement (e.g., badges or leaderboard rankings).
Activities	<p>Warm-Up and Demonstration: Prepare students for the testing phase with proper movement techniques and injury prevention guidance.</p> <p>Baseline Testing: Students perform and log results for each fitness discipline.</p> <p>Progressive Overload Discussion: Explain how incremental increases in workload can improve fitness.</p>
Assessment	<p>Baseline performance testing results for measurable disciplines.</p> <p>Observation of student form and effort during exercises.</p> <p>Weekly progress tracked through personalized training plans.</p>
Reflection	<p>Students review their logged performance results and identify areas for improvement.</p> <p>Discuss the importance of consistent practice and recovery in achieving fitness goals.</p>
Homework/Extension	<p>Complete the first session of their personalized training plan.</p> <p>Track progress in the shared Google Sheet after each workout session.</p>

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	Reflect on areas of challenge and plan for weekly improvements.
Evaluation	Teacher evaluates student effort, performance metrics, and engagement during class. Long-term tracking of improvement through Google Sheets.

Usage Instructions:

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- 1. Customization:** Adapt each section of the template to fit the specific content and goals of your lesson. Include or remove sections based on relevance to the subject or educational level.
- 2. Preparation:** Ensure all materials and digital tools are prepared and tested before the lesson to avoid disruptions.
- 3. Interactive Elements:** Integrate interactive or collaborative elements within the "Activities" section to promote engagement and facilitate deeper learning.
- 4. Feedback Mechanisms:** Incorporate mechanisms for immediate feedback within the "Gamification Elements" and "Assessment" sections to enhance the learning process.
- 5.**