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## 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><b>Purpose:</b> Explain how measurable fitness tests help track progress and motivate improvement.</p> <p><b>Engagement:</b> Discuss why setting personal fitness goals is essential for long-term health and performance.</p> <p><b>Overview:</b> Introduce the concept of gamified tracking, where students compete with themselves to improve their performance over time.</p>
Instruction	<p><b>Step 1: Warm-Up (15 minutes)</b></p> <ul style="list-style-type: none"><li>● <b>Dynamic Movements:</b><ul style="list-style-type: none"><li>○ Light jogging (2–3 minutes).</li><li>○ Arm circles, leg swings, and hip rotations (5 minutes).</li><li>○ Bodyweight exercises: 10 squats, 10 lunges, and 10 push-ups (progression or scaling as needed).</li></ul></li></ul>

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	<ul style="list-style-type: none"><li>● <b>Teacher Explanation:</b><ul style="list-style-type: none"><li>○ Emphasize the importance of warming up to prevent injuries and prepare the body for performance testing.</li></ul></li></ul> <p><b>Step 2: Technique Demonstration (10 minutes)</b></p> <ul style="list-style-type: none"><li>● Push-Ups: Proper hand placement, core engagement, and full range of motion.</li><li>● Pull-Ups: Grip variations and assisted pull-up techniques (e.g., resistance bands).</li><li>● Bodyweight Squats: Proper form—knees tracking over toes, neutral spine, and depth.</li><li>● Sprint: Starting position, acceleration mechanics, and finishing strong.</li></ul> <p><b>Step 3: Baseline Performance Testing (35 minutes)</b></p> <ul style="list-style-type: none"><li>● <b>Student Testing:</b><ul style="list-style-type: none"><li>○ Perform maximum repetitions or best times for each discipline: push-ups, pull-ups, bodyweight squats, and a 100m sprint.</li><li>○ Allow 2–3 minutes of rest between tests.</li></ul></li><li>● <b>Record Results:</b><ul style="list-style-type: none"><li>○ Students log their performance into a shared Google Sheet or class tracker.</li><li>○ Example tracker:</li><li>○ <table><tr><th>Name</th><th>Push-Ups (max)</th><th>Pull-Ups (max)</th><th>Squats (max)</th><th>Sprint (time, sec)</th></tr><tr><td>Student A</td><td>20</td><td>5</td><td>30</td><td>15.2</td></tr><tr><td>Student B</td><td>15</td><td>3</td><td>25</td><td>14.8</td></tr><tr><td>Student C</td><td>10</td><td>1</td><td>20</td><td>16.5</td></tr></table></li></ul></li></ul>	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
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Gamification Elements	<ul style="list-style-type: none"><li>● Students compete with their own baseline metrics using a shared tracker.</li><li>● Progress tracked weekly through personalized training plans with increasing challenges.</li><li>● Reward system based on consistency and improvement (e.g., badges or leaderboard rankings).</li></ul>																				
Activities	<p><b>Warm-Up and Demonstration:</b> Prepare students for the testing phase with proper movement techniques and injury prevention guidance.</p> <p><b>Baseline Testing:</b> Students perform and log results for each fitness discipline.</p> <p><b>Progressive Overload Discussion:</b> 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>																				

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<b>Reflection</b>	Students review their logged performance results and identify areas for improvement. Discuss the importance of consistent practice and recovery in achieving fitness goals.
<b>Homework/Extension</b>	Complete the first session of their personalized training plan. Track progress in the shared Google Sheet after each workout session. Reflect on areas of challenge and plan for weekly improvements.
<b>Evaluation</b>	Teacher evaluates student effort, performance metrics, and engagement during class. Long-term tracking of improvement through Google Sheets.

**Usage Instructions:**

### Usage Instructions

- 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.

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