**Lesson Plan: Health and Physical Education HIIT Training**

**WARM-UP: Steal the Bacon (10 Minutes)**

Both teams begin laying face down on their bellies. When their number is called, they sprint to steal the bacon from the middle hoop. Then who ever retrieves it first tries to put it in the other team’s hoop. The other player who did not get to the bacon quick enough becomes a tagger. If the player is tagged, the bacon is dropped on the spot. Two new players are called up to continue the game.

**MAIN SET: Fitness Bootcamp Workout**

|  |  |
| --- | --- |
| A map with text  Description automatically generated | 5 minutes continuous Sprint & back pedal. Walk back to beginning. **Cardiovascular Fitness** |
| **Switch & 1-minute Rest** |
| A screenshot of a cell phone  Description automatically generated | 5 minutes continuous Sprint to each cone to make the shape of a star. **Cardiovascular Fitness** |
| **Water Break & Set-Up (3 Minutes)** |
| **7 Stations (Rows) and 30-45 seconds at each station, 15-30 seconds rest/ transition time. Complete 1-2 times.**  |
| Jump Squats  | A picture containing object  Description automatically generated |
| Push-ups |
| Towel Push  |
| Mountain Climbers  |
| Burpees  |
| Walking lunges  |
| Rope Slams & Rest/Water Station (Extra Students) |

**COOL-DOWN: Stretching/Flexibility Circle**

* **What components of physical/ health-related fitness were developed today?**
	+ CV endurance, muscular strength, flexibility, speed, agility.
* **What sports/ physical activities might you apply this conditioning drill to?**
* **What life skill might you draw from today?**
	+ Perseverance, effort, doing something not as fun for the long-term gain. Sometimes you need to grind and put in the work to see the benefits in other areas of life.

*\*\*\*If we have time students can pick a sport that they would like to play for the remainder of the class.*

**Inclusive Adaptation**

**WARM-UP:**

* Attempt the bacon game as a group, if not then do the following below…
* Sprint/ Run to the other side of the gym to grab a ball, run back and put it in the bucket.
* Modified basketball shooting with foam balls and hoops on the nets.

**MAIN SET: Fitness Bootcamp Workout**

|  |  |
| --- | --- |
| A map with text  Description automatically generated | 5 minutes continuous Run & back pedal. Walk back to beginning. Students could perform this at a slower pace while the other students are doing the fitness station on the opposite side of the gym. **Cardiovascular Fitness** |
| **Water Break & Set-Up (3 Minutes)** |
| Squat (use partner if needed) | Perform 3 sets of 30 seconds/ adjust time if needed. Do as a group. **Muscular Endurance**  |
| Plank |
| Jumping Jacks  |

**COOL-DOWN: Stretching/Flexibility Circle**

* All together as a class.