

Names: _____

Exercise Category: _____

Heart Rate & Fitness Tic-Tac-Toe Project Board

Directions: Create a tic-tac-toe horizontally, vertically, or diagonally and complete the requirements inside. The center square must be used in your tic-tac-toe. The fitness activity you choose to create will be played in class the next time we have fitness and the heart rate activities will be completed by all students. All students will get to play every groups' activity that week. All parts of this project must be uploaded to Google Classroom so copies can be made for fitness week. Refer to attached pages for detailed directions for each square.

1. HEART RATE BAR GRAPH <ul style="list-style-type: none">• Create a worksheet for students to be able to graph their heart rate for the 9 exercises in your tic-tac-toe exercise game	2. WORKOUT VIDEO <ul style="list-style-type: none">• Create a workout video for the class to follow along with in class.	3. WORKOUT DICE GAME <ul style="list-style-type: none">• Create a dice game workout in Google Slides.
4. BINGO EXERCISE GAME <ul style="list-style-type: none">• Create a BINGO exercise game in Google Docs	5. Exercise Category Description, Fitness Component Classification (EVERYONE MUST DO THIS!) <ul style="list-style-type: none">• Describe your exercise and connect it to a fitness component	6. HEART RATE GOOGLE FORM <ul style="list-style-type: none">• Create a form that allows students to track their heart rate in Google Forms
7. HEART RATE WORKSHEET <ul style="list-style-type: none">• Create a worksheet in Google Docs that allows students to track their heart rate	8. HEART RATE CLASS GRAPH <ul style="list-style-type: none">• Create a poster for the class to complete post workout	9. TIC-TAC-TOE EXERCISE GAME <ul style="list-style-type: none">• Create a Tic-Tac-Toe game in Google Docs

LEFT DIAGONAL TIC-TAC-TOE PROJECT DESCRIPTIONS (1-5-9)

1. Heart Rate Bar Graph

- Create a worksheet for students to be able to graph their heart rate for the 9 exercises in your tic-tac-toe exercise game

Worksheet should include:

- title
- directions on how to find your heart rate and have target heart rate zones listed for middle school aged students
- one axis already labeled and numbered with heart rates
- one axis already labeled with all of your exercises

****Worksheet must be uploaded to Google Classroom so class sets can be made****

5. Exercise Category Description, Fitness Component Classification

- Describe your exercise and connect it to a fitness component in Google Docs

In Google Docs

- write a paragraph (at least 5 sentences) detailing your exercise category (what is it, purpose, examples of activity, etc.)
- write a statement detailing which fitness component(s) this exercise belongs to and explain why (cardiovascular endurance, flexibility, muscular endurance, muscular strength, body composition)

****Google Doc must be uploaded to Google Classroom for grading****

9. Tic-Tac-Toe Exercise Game

- Create a Tic-Tac-Toe game & exercise descriptions in Google Docs

Your Tic-Tac-Toe board should include:

- 9 spaces
- 9 different exercises relating to the exercise category given
- Unique name (not Tic-Tac-Toe)

Exercise descriptions:

- Include picture(s) of exercise (can put picture on tic-tac-toe board for visual if you'd like)
- Detailed instructions on how to complete exercise

****Tic-Tac-Toe cards and exercise descriptions must be uploaded to Google Classroom for class sets to be made****

RIGHT DIAGONAL TIC-TAC-TOE PROJECT DESCRIPTIONS (3-5-7)

3. Workout Dice Game

- Create a dice game workout in Google Slides.

Your project should include:

- 12 different exercises relating to the exercise category given.
- Directions for how to play
 - 1st roll of 2 dice is for the exercise (1-12)
 - 2nd roll with 1 dice is for what? time? reps? (record what 1-6 will be)

Each slide should have

- 1 exercise on it
- contain the exercise name and a number 1-12
- picture(s) of the exercise
- detailed directions on how to complete the exercise

****These slides must be uploaded to Google Classroom so class sets can be made****

5. Exercise Category Description, Fitness Component Classification

- Describe your exercise and connect it to a fitness component in Google Docs

In Google Docs

- write a paragraph (at least 5 sentences) detailing your exercise category (what is it, purpose, examples of activity, etc.)
- write a statement detailing which fitness component(s) this exercise belongs to and explain why (cardiovascular endurance, flexibility, muscular endurance, muscular strength, body composition)

****Google Doc must be uploaded to Google Classroom for grading****

7. Heart Rate Work Sheet

- Create a worksheet in Google Docs that allows students to track their heart rate

Google Doc must include:

- Directions on how to find your heart rate and have target heart rate zones listed for middle school aged students
- Way for students to record heart rates for 4 different exercises (can either input 4 or let them write in 4 of their choice)
- At least two questions relating to heart rate and your exercises

****Worksheet must be uploaded to Google Classroom so class copies can be made****

VERTICAL TIC-TAC-TOE PROJECT DESCRIPTIONS (2-5-8)

2. Workout Video

- Create a workout video for the class to follow along

The workout should:

- be at least 15 minutes long
- have at least 8 different exercises
- relate to the exercise category given.

****Videos must be uploaded to Google Classroom so the class can view in fitness****

5. Exercise Category Description, Fitness Component Classification

- Describe your exercise and connect it to a fitness component in Google Docs

In Google Docs

- write a paragraph (at least 5 sentences) detailing your exercise category (what is it, purpose, examples of activity, etc.)
- write a statement detailing which fitness component(s) this exercise belongs to and explain why (cardiovascular endurance, flexibility, muscular endurance, muscular strength, body composition)

****Google Doc must be uploaded to Google Classroom for grading****

8. Heart Rate Class Graph

- Create a poster for the class to complete post workout

Poster should include:

- title
- directions on how to find your heart rate and have target heart rate zones listed for middle school aged students
- directions on how you want HR to be graphed
- one axis already labeled and numbered with heart rates
- one axis already labeled with a criteria of your choice (ex-boys & girls, ages, resting HR & post exercise HR, names, etc)

****poster paper will be provided by teacher****

****poster must be turned in to teacher****

HORIZONTAL TIC-TAC-TOE PROJECT DESCRIPTIONS (4-5-6)

4. BINGO Exercise Game

Create a BINGO exercise game in Google Docs

Your BINGO card should include:

- 16 spaces, no free space
- 16 different exercises relating to the exercise category given
- Unique name (not BINGO)

Exercise descriptions:

- Include picture(s) of exercise
- Detailed instructions on how to complete exercise-with times or reps included

****Provide a blank card so students can create their own from your exercises****

****Upload all Google Docs to Google Classroom for class sets to be made****

5. Exercise Category Description, Fitness Component Classification

- Describe your exercise and connect it to a fitness component in Google Docs

In Google Docs

- write a paragraph (at least 5 sentences) detailing your exercise category (what is it, purpose, examples of activity, etc.)
- write a statement detailing which fitness component(s) this exercise belongs to and explain why (cardiovascular endurance, flexibility, muscular endurance, muscular strength, body composition)

****Google Doc must be uploaded to Google Classroom for grading****

6. Heart Rate Google Form

- Create a form that allows students to track their heart rate in Google Forms

Google Form must include:

- directions on how to find your heart rate and have target heart rate zones listed for middle school aged students
- Way for students to record heart rates for 4 different exercises (can either input 4 or let them type in 4 of their choice)
- At least two questions relating to heart rate and your exercises
- Student name question (so we know who submits it)

****Google Form link must be uploaded to Google Classroom so link can be shared with classmates****