

PE 10- Insanity Workout Video

Timeframe

9/5/12

Introduction to Insanity

**** We will continue to do Insanity workouts throughout the semester at least once a week and will have some weeks where we do it twice a week.**

Rationale

Insanity is a workout video that is compiled of multiple workouts. It is a cardio-based total body conditioning program. The method of training used is MAX interval training. MAX interval training allows you to beat what is known as “stress adaptation response”, which is when the body gets used to the workout and stops improving.

Content

The Insanity program contains multiple workouts. Due to the fact that we do not have the ability to complete the program as is recommended, we will instead use the following workouts only.

1. Fit Test
2. Plyometric Cardio Circuit
3. Cardio Power and Resistance
4. Pure Cardio and Cardio Abs

Standards and Benchmarks

Ohio Physical Education Assessments

- Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - o Benchmark A: Demonstrate combined movement skills and patterns in authentic settings.
- Standard 6: Values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.
 - o Benchmark A: Use physical activity to promote growth, goal-setting, and enjoyment.

Assessments

1. Insanity Fit Test
 - a. This test will be used as a tool to measure where each student is in regards to fitness levels at the beginning of the semester and again at the end of the semester. This is a test designed by the Insanity program. Students will be asked to set their own personal goals at the conclusion of the pre-test that they will work to achieve by the end of the semester.

2. Students will be assessed on Standard 1A through observation. Multiple assessments will be done throughout the semester and the Ohio Physical Education Assessments rubric will be used in these assessments.

Goals

1. I can set realistic personal fitness goals. (Standard 6A)
2. I can use designed workout programs to help me work toward achieving my personal fitness goals. (Standard 6A)
3. I can demonstrate combined movement skills and patterns in authentic settings. (Standard 1A)