

Personal Fitness Grades 10-12	
Big Idea Participation in Physical Activity impacts wellness throughout a lifetime	
Essential Question	Standards
<p>Why do people choose the physical activities they participate in over a lifetime?</p> <p>How can participation in physical activity enhance MY life?</p> <p>How can you enhance the quality of movement for lifelong participation in physical activity?</p> <p>What knowledge is necessary to create a personal fitness program?</p> <p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>	<p>10.4.12</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement</p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>10.5.12</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety</p> <p>F. Analyze the application of game strategies for different categories of physical activities. • individual • team • lifetime • outdoor</p>

Personal Fitness Curriculum – Grades 10-12

Concepts	Competencies	Resources	Assessments
<p>. Determining an appropriate physical activity plan will support life-long personal health and fitness goals.</p>	<p>Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.</p> <p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Create a personal fitness program based on personal data, exercise and training principles and fitness components.</p>	<p>Weight Room Center Athletic Fields Ipads- Gym Lite App (Board Approved-Available through Casper) Blackboard Resources</p> <p>Practice participating in a variety of programs: Endurance Strength Combination Cross-fit HIIT Circuit Training Anaerobic Training: Dot Drill, Jump Ropes, Bosu Ball Workout, Medicine Ball workout, Ladders</p>	<p>Pre-Fitness Testing: (Rubric: Proficient, Advanced, Average, Needs Improvement)</p> <p>Design Personal Fitness Plan Goals:(rubric)</p> <p>Weekly Participation in variety of exercise programs: (<i>Endurance, Strength, Combination, Cross-fit, , Circuit Training, Cardio-Sport, Dot Drill, Distance Running, HIIT</i>) Training logs.</p> <p>Design Personal Fitness Plan: (Rubric)</p> <p>Post Fitness Testing: (rubric based on baseline testing as listed for Pre-Test)</p>
<p>. Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime.</p>	<p>Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Heart rate Monitoring Perceived Exertion Workout partner interaction Team Oriented Activities</p>	<p>Calculating Maximum Heart Rate Worksheet</p> <p>Calculating Resting Heart Rate Worksheet</p> <p>Calculating Target Heart Rate (Lower and Upper) Worksheet</p> <p>Heart Rate Notes: Causes of Increase Heart Rate Causes of Decrease Heart Rate Heart Rate Ranges</p>

Personal Fitness Curriculum – Grades 10-12

<p>Adult group interactions that occur in physical activities provide an opportunity to develop the skills necessary to be productive and contributing members of society.</p>	<p>Analyze the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Team Oriented Activities Tire Lifts Indian Runs Motivational Lifting Spotter</p>	<p>Personal Self Reflection (Affective Domain)</p>
<p>Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.</p>	<p>Analyze skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Create a personal fitness program based on personal data, exercise and training principles and fitness components.</p> <p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Health related components of fitness: Cardiovascular Endurance Muscular Endurance Muscular Strength Body Composition Flexibility</p> <p>Skill Related Components: Speed Balance Coordination Reaction Time Agility Power</p> <p>Exercise Training Principles: FITT Principle Overload Progression Specificity Individual Differences</p> <p>Anatomical Terminology: Muscle Man Worksheet</p> <p>Fitness Center Apps- Gym Lite</p> <p>Weight Room</p> <p>Athletic Fields</p> <p>Training Logs</p>	<p>Muscle Worksheet</p> <p>General Fitness Knowledge Quiz</p> <p>Applying Fitness Knowledge Quiz</p> <p>Weekly Training Logs</p> <p>Using Appropriate Terminology in class</p>

Personal Fitness Curriculum – Grades 10-12

		Goal Setting Sheets	
<p><b>Vocabulary:</b> Endurance, Strength, heart rate, cross-fit, HIIT training, circuit training, goals, Cardiovascular Endurance, Muscular Endurance, Muscular Strength Body Composition, Flexibility, Speed, Balance, Coordination, Reaction Time, Agility, Power, FITT Principle, Overload, Progression, Specificity, exertion</p>			

Personal Fitness Grades 10-12			
Big Idea: Quality life-long movement is based on scientific principles and concepts			
<p>Essential Question:</p> <p>How do scientific principles, biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>		<p>Standards 10.4.12</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety</p>	
Concepts	Competencies	Resources	Assessments

Personal Fitness Curriculum – Grades 10-12

<p>A personal fitness program incorporates exercise and training principles.</p>	<p>Create a personal fitness program based on personal data, exercise and training principles and fitness components.</p>	<p>Baseline Fitness Testing</p>	<p>Developing a personal Fitness Plan including: (rubric)                  Dynamic Warm Up                  Activity                  Static Stretching Cool Down                  Anaerobic Training                  Circuit Training                  Aerobic Training                  Lifting Program: Upper Body, Lower Body, Abdominal Exercises</p>
<p>Proper application of scientific and biomechanical principles enhances quality of movement.</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Practice appropriate biomechanical techniques during lifts                   Full range of motion                   90 degree rule</p>	<p>Biomechanical Checklist                   Partner Assessment Checklist</p>
<p>Vocabulary: range of motion, biomechanical, inertia, static stretching, dynamic stretching, warm up, cool down, aerobic training, weight lifting, circuit training, anerobic activity</p>			

Personal Fitness Curriculum – Grades 10-12

Personal Fitness Grades 10-12			
Big Idea Safety impacts individual and community well being			
Essential Question  What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?		Standards 10.3.12  B. Analyze and apply strategies for the management of injuries. D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	
Concepts	Competencies	Resources	Assessments
Determining the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.	Assess safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	Weight Room Rules Proper Spotting Techniques Proper Lifting Techniques Proper operation of fitness equipment  Nutrition Comprehension for Personal Well-Being	Fitness Safety Unit Quiz  Weight Room Guide Mapping  Summarize how to operate fitness equipment  Identify rules and regulations used in the fitness center  Practice proper spotting and lifting techniques during exercises  Nutrition Notes  Evaluating Nutrition Knowledge Quiz  Applying comparison between Nutrition and Personal Fitness Training Quiz
Vocabulary: safety, weight room, nutrition, exercise, fitness components, spotting, lifting, well-being			