

Independent PE

Physical Education

Grade(s) 10th - 12th, .5 Credits

Course Overview

This course is designed to help students develop proficiency, knowledge, and skills outside of the traditional classroom environment. This course can be used for credit recovery or as an acceleration option. Graduation requirements include 1.5 credits in PE that must be earned in three different years within the four-year high school schedule. The licensed PE teacher and student will design a Personal Fitness Plan that will enable them to improve their fitness and health. The plan will include physical fitness activities, nutritional meal planning, and journaling.

The student will earn .5 credit for completing a minimum of 45 hours of physical activity as part of their plan. Students may utilize time/hours of physical activity for athletic training, dance, conditioning, aerobic activities, running and walking, etc.

Timeframe	Unit	Scope And Sequence
		Instructional Topics
Ongoing	Physical Activity Plan	1. Goals 2. FITT Principle Plan 3. Take Action!
Ongoing	Fitness Center and Assessment	1. FitnessGram Test 2. Social Skills
Ongoing	Fitness Training	1. The 5 Health Components 2. The 6 Skill Related Components
Ongoing	Nutrition	1. 6 Essentials Nutrients 2. Living a Healthy Lifestyle

Materials and Resources

Athletic Shoes
Workout Clothes

Prerequisites

PE9

Course Details

Unit: Physical Activity Plan

Duration: Ongoing

Essential Questions

What is the purpose for being physically active for 60 minutes a day?

What types of physical activity can you do?

What is the purpose of setting a goal and why is making a plan helpful?

Topic: Goals

Duration: Ongoing

Description

When doing anything in life you need to set a goal of where you want to be or what you want to accomplish. You need to have that picture in your mind and believe that you can get there. Then, just follow your plan (FITT plan) to get there.

Learning Targets

K, S - The student will be able to create a realistic goal that they believe they can accomplish with the timeframe of the IPE course.

SMART Goals

Specific
Measurable
Attainable
Realistic
Time Dependent

Topic: FITT Principle Plan

Duration: Ongoing

Independent PE

Physical Education

Grade(s) 10th - 12th, .5 Credits

Description

When making a fitness plan you should include the FITT Principle:

Frequency: How often you do your plan? Number of days per week.

Intensity in reference to cardiovascular: How hard are you going to work? 60-80% max. heart rate is suggested. Max. heart rate is $220 - (\text{your age})$. Please do the math. For muscle strengthening and endurance must include how heavy a weight.

Time: How long are your workouts? For Cardiovascular, it is suggested to be physically active 60 minutes a day. For muscle strengthening and endurance, if weight training must include reps & sets. For static flexibility it is suggested that you hold stretches 30-60 seconds to improve flexibility. Dynamic flexibility being done at the beginning of each workout.

Type: What type of physical activity are you doing? It should be one of the fitness components:

Muscular Strength
Muscular Endurance
Cardiovascular Endurance
Flexibility-dynamic for static
Body Composition
Agility and Speed

Learning Targets

R, S - Based off of the fitnessgram testing results, the students will be able to develop a physical activity plan to enhance their fitness level.

Use the FITT Principle while developing this plan.

Topic: Take Action!

Duration: Ongoing

Description

After setting a goal and creating a plan the next step is to actually DO IT! In IPE we use a log sheet to record our physical activity and to write down any questions we have.

Learning Targets

P - The students will be able to record their physical activity hours and turn in their log sheet, ONCE A WEEK, to their instructor.

Students need to turn this log sheet in once a week and be prepared for a workout with the instructor that same day. Please be dressed for activity.

Unit: Fitness Center and Assessment

Duration: Ongoing

Essential Questions

Why is it important to be held accountable for your actions?

Why would it be a good idea to have positive relationships with the people around you?

Topic: FitnessGram Test

Duration: Ongoing

Description

In IPE we will take the FitnessGram Test once before the course begins (Pre-Test) and once after the course is completed (Post-Test).

To see the fitness zones click the link below.

Learning Targets

P - The student will be able to be in the healthy fitness zone for 5 of the 6 sections.

The 6 sections are as follows:

1. Aerobic Capacity
 2. Body Composition
 3. Core Strength and Endurance
 4. Trunk Strength and Flexibility
 5. Upper Body Strength and Endurance
 6. Flexibility
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Topic: Social Skills

Duration: Ongoing

Description

When students come for the weekly training and physical activity log turn-in day they will be required to be respectful and nice to other peers and trainers who may be in the facility.

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Learning Targets

P - The students will be respectful 100% of the time while using the training facility and while they are in the school area/zone.

Unit: Fitness Training

Duration: Ongoing

Essential Questions

How does knowing the 5 components of fitness help a person achieve a higher physical health level?

Why would you suggest to people to know and understand the 5 components of fitness?

Topic: The 5 Health Components

Duration: Ongoing

Description

1. **Cardiovascular Fitness:** The ability of the circulatory system (heart and blood vessels) to supply oxygen to working muscles during exercise.
2. **Body Composition:** The relative percentage of body fat compared to lean body mass (muscle, bone, water, organs)
3. **Flexibility:** The range of movement possible at various joints.
4. **Muscular strength:** The amount of force that can be produced by a single contraction of a muscle
5. **Muscular endurance:** The ability of a muscle group to continue muscle movement over a length of time.

Learning Targets

K - The students will be able to identify the 5 components of fitness, orally.

Topic: The 6 Skill Related Components

Duration: Ongoing

Description

1. **Speed:** The ability to move quickly from one point to another in a straight line
2. **Agility:** The ability of the body to change direction quickly
3. **Balance:** The ability to maintain an upright posture while still or moving
4. **Coordination:** Integration with hand and/or foot movements with the input of the senses.
5. **Reaction Time:** Amount of time it takes to get moving.
6. **Power:** The ability to do strength work at an explosive pace.

Learning Targets

K - The students will be able to identify 3 or the 6 skill related components, orally.

Unit: Nutrition

Duration: Ongoing

Essential Questions

What nutrients are needed to have optimal Health?

What types of nutrients should you be getting before, during and after your physical activity?

Topic: 6 Essentials Nutrients

Duration: Ongoing

Independent PE

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Grade(s) 10th - 12th, .5 Credits

Description

You need all of these nutrients to help the body grow and maintain a healthy and energetic being.

1. Fats (0-2 servings): Long-Term Energy
i.e. Butter, Junk Food
2. Protein (4-6 servings): Helps build and repair the body
i.e. Meat, Dairy, Eggs, Nuts,
3. Vitamins (4-8 servings) Vitamin A - Growth, development, enhancement of our immune system
Vitamin D - This is important for bone formation; inhibits cancer cells
Vitamin E - It works as an antioxidant
Vitamin K - Helps the cardiovascular system
Vitamin C - Help immune system and is an antioxidant; healthy for skin and joints
Vitamin B complex - Cognition and thinking
4. Minerals (4-8 servings):
Calcium - Plays an important role in bone and teeth formation and nervous system health.
Iron - Plays an important role in red blood cell formation.
Zinc - Essential for growth and development, enhances immune function and wound healing.
Iodine - This is essential for growth and development
Chromium - Assists in glucose utilization by enhancement of insulin action.
5. Carbohydrates (6-12 servings): Pasta, Whole Wheat Bread, Pretzels
6. Water (at least 8 cups): G2, bottled water, non-carbonated drinks!

Learning Targets

R, S - The students will be able to categorize and collect information on the 6 essential nutrients using valid and reliable resources.

Topic: Living a Healthy Lifestyle

Duration: Ongoing

Description

Combined with exercising 60 minutes a day, healthy eating and enough sleep (7-9 hours) will help a person be refreshed, energetic and motivated to live a happy life.

Learning Targets

R, P - The students will be able to assess the benefits of living a healthy lifestyle by continuing their physical activity FITT plan for their entire life.

The students plan will be changed, adapted and improved as they grow older.
