

Lifetime Fitness

Physical Education

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

Course Overview

This course is designed to teach a variety of physical activities that enhance fitness. It allows students to experience new and current trends in fitness. Students will create their own personal fitness plan and use heart rate monitors and pedometers to monitor physical activity.

Scope And Sequence		
Timeframe	Unit	Instructional Topics
1 Day(s)	Physical Assessment	1. Height and weight 2. BMI 3. Calculating target heart rate zones
10 Day(s)	Walking	1. Walking Form 2. Pacing 3. Use of pedometers
10 Day(s)	weight training	1. Correct form and technique of weight machines and free weights 2. Safety 3. Proper warm-up and cool down 4. Setting up a weight lifting program
7 Day(s)	Yoga	1. Standing Poses 2. Seated Poses 3. Breathing techniques 4. Mind cleansing
7 Day(s)	Pilates	1. Strength and flexibility 2. Centering and concentration 3. Control and Precision 4. Breath and Flow
10 Day(s)	Water Aerobics	1. Water cardio exercises 2. Aquatic games
8 Day(s)	Golf	1. Etiquette 2. Rules 3. Grip 4. Swing
7 Day(s)	Badminton	1. Etiquette 2. Rules 3. Shots 4. Shots 5. Strategies
7 Day(s)	Tennis	1. Etiquette 2. Rules 3. Shots 4. Shots 5. Strategy
3 Day(s)	Nutrition	1. Food Logs/ Journals 2. My Pyramid 3. Nutrition Plan
7 Day(s)	Step Aerobics	1. Routines 2. Health Benefits 3. Leadership
15 Day(s)	Health Article Review-Weekly	1. Health article review
5 Day(s)	Guest Speakers	1. Students will be introduced to alternative fitness activities (ex. tai chi, fitness balls, kettle bells) as well speakers for health related issues.

Materials and Resources

Students will need a towel, athletic shoes, socks, shorts, t-shirt and a swim suit to participate in this class.

Prerequisites

Essentials of Physical Activity-9

Course Details

Unit: Physical Assessment

Duration: 1 Day(s)

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Essential Questions

- How will working with others help me out in other aspects of my life?
- How will daily physical activity improve my health?
- What should my daily physical activity level and diet be to ensure that I will be healthy?
- What are the benefits of daily physical activity and nutritious diet to your health?
- How will I keep myself safe while participating in physical activity?
- How can you become involved in physical activity in the community?
- What professionals should you seek out to ensure you are healthy?

Topic: Height and weight

Duration: 0 Day(s)

Learning Targets

Students will determine their body mass index by find thier current weight and height, in an attempt to analyze their current fitness level.

Topic: BMI

Duration: 0 Day(s)

Learning Targets

Students will use Body Mass Index (BMI) calculations to determine current fitness level and as a means to create a life time fitness plan.

Topic: Calculating target heart rate zones

Duration: 0 Day(s)

Learning Targets

Students will use calculations to determine their target heart rate zone; allowing them to determine the appropriate level at which they should work out to recieve the most benefit from thier workout.

Unit: Walking

Duration: 10 Day(s)

Essential Questions

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Topic: Walking Form

Duration: 0 Day(s)

Learning Targets

Students will comprehend the correct form for power walking for physical fitness.

Topic: Pacing

Duration: 0 Day(s)

Learning Targets

Students will experiment with and chart thier walking pace to find the pace that fits appropriately in their target heart rate zone.

Topic: Use of pedometers

Duration: 0 Day(s)

Learning Targets

Students will use pedometers to chart progress and motivate exercise during walking days.

Unit: weight training

Duration: 10 Day(s)

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Topic: Correct form and technique of weight machines and free weights

Duration: 0 Day(s)

Learning Targets

Students will be able to perform lifts in the weight room correctly.

Topic: Safety

Duration: 0 Day(s)

Learning Targets

Students will show comprehension of the safety procedures in the weight room. They correctly follow the procedures while in the weight room.

Topic: Proper warm-up and cool down

Duration: 0 Day(s)

Learning Targets

Students will demonstrate proper technique and form for warming up and cool down while in the weight room.

Topic: Setting up a weight lifting program

Duration: 0 Day(s)

Learning Targets

Students will identify their level of fitness and then calculate a plan to incorporate the appropriate amount of physical activity in their day.

Unit: Yoga

Duration: 7 Day(s)

Essential Questions

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Topic: Standing Poses

Duration: 0 Day(s)

Learning Targets

Students will perform and develop an understanding of the importance standing poses have on the body.

Topic: Seated Poses

Duration: 0 Day(s)

Learning Targets

Students will perform and determine the important health enhancing benefits seated poses have on the body.

Topic: Breathing techniques

Duration: 0 Day(s)

Learning Targets

Students will evaluate the benefits of a variety of breathing techniques used in yoga.

Topic: Mind cleansing

Duration: 0 Day(s)

Learning Targets

Students will discover the art of mind cleansing and the health benefits that may occur from mind cleansing.

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Unit: Pilates

Duration: 7 Day(s)

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Topic: Strength and flexibility

Duration: 0 Day(s)

Learning Targets

Students will discover that pilates provides strength and flexibility in a new fashion, one that they can use for life.

Topic: Centering and concentration

Duration: 0 Day(s)

Learning Targets

Students will demonstrate the art of centering (use of core) and concentration to perform precise moves to develop the muscle structure in the body.

Topic: Control and Precision

Duration: 0 Day(s)

Learning Targets

Students will explore their muscle strength while doing pilates move that challenge the body to keep the muscle in control while performing precise moves.

Topic: Breath and Flow

Duration: 0 Day(s)

Learning Targets

Students will demonstrate controlled breathing while maintaining a constant flow to the exercises done in the pilates sequence.

Unit: Water Aerobics

Duration: 10 Day(s)

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Topic: Water cardio exercises

Duration: 0 Day(s)

Learning Targets

Students will be able to identify a variety of fitness activities that will increase their heart rate.

Topic: Aquatic games

Duration: 0 Day(s)

Learning Targets

Students will identify and perform fitness activities that increase cardiovascular levels to ensure they are in their target heart rate zone.

Unit: Golf

Duration: 8 Day(s)

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Topic: Etiquette

Duration: 0 Day(s)

Learning Targets

Students will develop a comprehension of the etiquette that goes along with golfing.

Topic: Rules

Duration: 0 Day(s)

Learning Targets

Students will gain an understanding of the importance of following the rules in golf to correctly participate in the sport.

Topic: Grip

Duration: 0 Day(s)

Learning Targets

Students will practice and perform the proper grip for holding the golf club.

Topic: Swing

Duration: 0 Day(s)

Learning Targets

Students will be able to identify and describe the proper swing in golfing.

Unit: Badminton

Duration: 7 Day(s)

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Topic: Etiquette

Duration: 0 Day(s)

Learning Targets

Students will develop a comprehension of proper etiquette in badminton.

Topic: Rules

Duration: 0 Day(s)

Learning Targets

Students will gain an understanding of the importance of following the rules in badminton while correctly participating.

Topic: Shots

Duration: 0 Day(s)

Topic: Shots

Duration: 0 Day(s)

Learning Targets

Students will learn a the correct form in a varitey of shots in badminton.
Students will learn the drop shot, smash, clear and the serve.

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Topic: Strategies

Duration: 0 Day(s)

Learning Targets

Students will use game strategy to compete successfully in badminton.

Unit: Tennis

Duration: 7 Day(s)

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Topic: Etiquette

Duration: 0 Day(s)

Learning Targets

Students will develop a comprehension of etiquette involved with the sport of tennis.

Topic: Rules

Duration: 0 Day(s)

Learning Targets

Students will gain an understanding of the importance of following the rules while correctly participating in tennis.

Topic: Shots

Duration: 0 Day(s)

Topic: Shots

Duration: 0 Day(s)

Learning Targets

- Students will use a variety of shots to successfully compete in tennis.
- Students will use a correct serve, forward hand shot, and back hand shot.

Topic: Strategy

Duration: 0 Day(s)

Learning Targets

Students will incorporate game play strategy in tennis games to successfully participate in a tennis match.

Unit: Nutrition

Duration: 3 Day(s)

Essential Questions

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Topic: Food Logs/ Journals

Duration: 0 Day(s)

Learning Targets

Students will utilize food logs and journals to maintain a healthy weight and continue to maintain a healthy diet.

Topic: My Pyramid

Duration: 0 Day(s)

Learning Targets

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Students will utilize the website mypyramid.gov to enhance thier knowledge of what a healthy diet consists of; in an effort to develop their nutrition plan.

Topic: Nutrition Plan

Duration: 0 Day(s)

Learning Targets

Students will use resources presented in class to develop a health enhancing nutrition plan for the school year.

Unit: Step Aerobics

Duration: 7 Day(s)

Essential Questions

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Topic: Routines

Duration: 0 Day(s)

Learning Targets

Students will learn a varitey of step aerobics routines and skills.

Topic: Health Benefits

Duration: 0 Day(s)

Learning Targets

Students will be able to identify the health benefits they recieve from step aerobics.

Topic: Leadership

Duration: 0 Day(s)

Learning Targets

Students will demonstrate their ability to lead a group in a step aerobic routine.

Unit: Health Article Review-Weekly

Duration: 15 Day(s)

Essential Questions

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Topic: Health article review

Duration: 0 Day(s)

Description

Students will find a current health related article each week. They will read the article and then summarize and report to teach via e-mail weekly.

Learning Targets

Students will identify and connect the health related information in their article to their current life.

Unit: Guest Speakers

Duration: 5 Day(s)

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Topic: Students will be introduced to alternative fitness activities (ex. tai chi, fitness balls, kettle bells) as well speakers for health related issues.

Duration: 0 Day(s)

Learning Targets

- Students will explore a variety of exercise methods through guest speakers/trainers to find the form of exercise they enjoy and will continue to use as lifetime physical activity.
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