

## Aerobics Physical Education Curriculum Scope and Sequence

### Critical Cognitive Content:

1. Standard Fitness Testing
  - a. Fitness Tests
  - b. Assessment (self and teacher)
2. Goal Setting
  - a. Short Term Goals
  - b. Long Term Goals
3. Fitness and Wellness
  - a. Components of health-related fitness
  - b. Warm-up and cool down
  - c. Health and wellness benefits of exercise
    - i. Disease prevention
    - ii. Academic achievement
    - iii. Confidence improvement
  - d. FITT formula
  - e. Exercise vs Activity
4. Cardiovascular Fitness
  - a. Benefits
  - b. Aerobics vs Anaerobic
  - c. Target Heart Rate Zones
  - d. Rate of Perceived Exertion
  - e. FITT
5. Flexibility
  - a. ROM
  - b. FITT
6. Muscular Fitness
  - a. Benefits
  - b. Sets vs Reps
  - c. Plyometrics
  - d. Interval training
  - e. Calisthenics
  - f. FITT
7. Body Fat Composition
  - a. Factors influencing body fat
  - b. Weight vs Fat
  - c. Eating disorders
  - d. Nutrition
8. Personal Fitness Program Planning

## Critical Psychomotor Content

- I. Cardiovascular Endurance
  - a. Zumba
  - b. Step Aerobics
  - c. Plyometric Training
  - d. Track Workouts
  - e. Body Weight Exercises
  - f. Kickboxing
- II. Muscular Endurance and Strength
  - a. Circuit Training
- III. Flexibility
  - a. Stretching

## Physical Education Mission Statement

Physical activity and physical education are critical to the development and maintenance of lifetime health and wellbeing. The mission of Calvert County Public Schools Physical Education Program is to develop physically educated individuals who can demonstrate the knowledge, skills, and confidence necessary to achieve individual fitness potentials. These individuals will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

## Aerobics Curriculum

Students are required to take a ½ credit of PE and a ½ credit of health in order to graduate. At the high school level, students have the opportunity to choose a PE elective that best fits their needs, interests, and abilities. The goal of the PE course is for students to find value in physical activity, health, and wellness by adopting a healthy lifestyle throughout adulthood.

Aerobics is a cardio based class designed to strengthen the heart and lungs through activities like kickboxing, circuit training, body attack, zumba, and track workouts. In this class, students learn about the cardiovascular system, target heart rate zones, aerobics vs anaerobic activity, self-esteem, and body fat composition. The goal is for students to improve cardiovascular fitness by working out independently on a daily basis.

## Curriculum Overview

This curriculum is the body of knowledge to be transmitted to students in the physical education setting. It is the material students must know and be able to apply to their lifestyle. This curriculum meets the guidelines established by the Maryland State Department of Education.

Educators use instructional methodologies and strategies to support the written curriculum through well-developed unit and lesson plans. Assessments are included in the curriculum to evaluate what students know and are able to do before, during, and after instruction.

The cognitive concepts of the curriculum are broken down into units. Each unit contains National and Maryland State Learning Standards and Outcomes. As a result of quality instruction, students will be able to understand the essential questions provided in each unit. Goals and objectives for each unit are also included to guide instruction and assist teachers in the development of lesson plans. The assessment plan outlines psychomotor, cognitive, and affective assessment goals to be accomplished during the unit. All cognitive assessments are listed at the end of each unit. As a result of the written curriculum, student expectations and abilities are clearly defined for educators to guide instruction so students are provided the opportunity to demonstrate their knowledge, skills, and confidence to achieve individual fitness potential.