

# Stretching and Toning 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

## Stretching and Toning Psychomotor Critical Content

1. Flexibility
  - a. Stretching
  - b. Yoga
  - c. Pilates
  
2. Muscular Strength and Endurance
  - a. Dumb Bells
  - b. Body Bars
  - c. Exercise Bands
  - d. Stability Balls
  - e. Abs/Core
  - f. Medicine Balls
  - g. Body Weight Exercises
  
3. Cardio
  - a. Circuit Training
  - b. Jump Ropes
  - c. Plyometrics
  - d. Track