

Personal Fitness & Wellness

Curriculum/Content Area: Physical Education	Course Length: 9 Weeks
Course Title: Personal Fitness & Wellness	Date last reviewed: May 2016
Prerequisites: PE 9	Board approval date: August 16, 2016

Desired Results

Course description and purpose:

This course assists students in designing and monitoring a personalized workout and wellness plan. Unlike traditional physical education classes, Personal Fitness & Wellness leverages current fitness trends like group exercise, HIIT, yoga, pilates, zumba and weight training to help achieve a personal fitness and wellness goal. Topics such as nutrition, hydration, sleep habits, and stress management for optimal personal well-being will be covered on a regular basis. There are also field trips to local fitness facilities to enhance the student's experience. *There will be a fee associated with all field trips.

Enduring Understandings (EUs):	Essential Questions (EQs):
<ol style="list-style-type: none"> 1. Proficient movement skills provide competency in all physical activities. 2. There are necessary psychological and physical skills that will help support continued lifetime physical fitness. 3. Being active throughout life promotes a healthy lifestyle, and participating in a wide range of physical activities promotes personal health and wellness. 4. Demonstrating responsible and respectful behavior promotes positive personal and social success. 5. Everyone benefits from collaboratively working towards improved health and wellness 6. Physical activity promotes social, emotional, and physical well being of self and the community. 	<ol style="list-style-type: none"> 1. What different ways can the body move given a specific purpose? 2. How will you interact with members of a group? 3. How can we move effectively and efficiently? 4. How do you determine if you're making progress towards a goal? 5. What can we do to be physically active and why is this important? 6. Why is it important to be physically fit and how can we stay fit? 7. How do we interact with others during physical activity? 8. How will physical activity help us now and in the future?

Assessment Evidence

<p><i>Performance assessments include but are not limited to:</i></p> <ol style="list-style-type: none">1. FITNESSGRAM Pacer2. FITNESSGRAM Exercise Tests3. SMART Goal4. Argumentative Writing5. Common Unit Assessment (Rubric)	<p><i>Other assessments may include:</i> Classroom formative and summative assessments aligned to standards.</p>
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Unit Title: Personal Behavior
Topics: <ul style="list-style-type: none">• Daily Expectations• Perceived Exertion and FITT Principle
Standards
<p>WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness. A. Assesses and manages personal health behaviors.</p> <p>WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings. A. Contributes to establishing a positive physical activity learning environment</p> <p>WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. A. Values physical activity as part of a healthy lifestyle. B. Incorporates opportunities for self-expression and social interaction.</p>
Learning Targets:
<ol style="list-style-type: none">1. I can apply correct rules and procedures in all physical activity settings.2. I can work independently and as a member of a group

Unit Title: Yoga / Pilates
Topics: <ul style="list-style-type: none">• Salutations• Poses• Hot Yoga• Chakras

- Meditation

Standards

WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- B. Demonstrates advanced skill application.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- A. Assesses and manages personal health behaviors.

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- A. Values physical activity as part of a healthy lifestyle.
- B. Incorporates opportunities for self-expression and social interaction.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can self assess my performance and make appropriate corrections

Unit Title: Strength Training

Topics:

- Weight Room
- Body Weight Training
- Circuit Training
- HIIT Training

Standards

WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- A. Demonstrates skill development.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- A. Demonstrates cognitive understanding.
- B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- A. Contributes to establishing a positive physical activity learning environment

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can self assess my performance and make appropriate corrections

Unit Title: Aerobics/Dance

Topics:

- Step Aerobics
- Water Aerobics
- Zumba

Standards

WI.PE.Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

- B. Demonstrates advanced skill application.

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- A. Assesses and manages personal health behaviors.

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- A. Values physical activity as part of a healthy lifestyle.
B. Incorporates opportunities for self-expression and social interaction.

Learning Targets:

1. I am able to demonstrate AND explain several motor skills and movement patterns needed to perform a variety of physical activities.
2. I can self assess my performance and make appropriate corrections

Unit Title: Wellness (Nutrition, Hydration, Sleep, Stress Management)

Topics:

- Dietary recommendations
- Proper hydration
- Effective sleep habits
- Stress Management

Standards

WI.PE.Standard 3: Participates regularly in physical activity.

- B. Sets goals for a physically active lifestyle.

WI.HE.Standard 1: Students will comprehend and apply concepts related to health promotion and disease prevention to enhance health.

Learning Targets:

1. I can make recommendations to make changes and improve my nutrition, sleep, & stress management to positively impact my fitness.
2. I can monitor my nutrition, sleep and stress by logging and making connections to my overall goals and fitness.
3. I can show progress over the term towards overall balance to my health and well-being.
4. I can make a plan to continue to maintain due to the value of living a lifestyle with good health and fitness.

Unit Title: Personal Fitness Planning

Topics:

- Fitness Testing
- SMART Goals
- Program Monitoring
- FITT Principle

Standards

WI.PE.Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- A. Demonstrates cognitive understanding.
- B. Applies and analyzes scientific principles of physical activity

WI.PE.Standard 3: Participates regularly in physical activity.

- A. Chooses to be physically active.
- B. Sets goals for a physically active lifestyle.

WI.PE.Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

- A. Assesses and manages personal health behaviors.

WI.PE.Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- A. Contributes to establishing a positive physical activity learning environment

WI.PE.Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- A. Values physical activity as part of a healthy lifestyle.

Learning Targets:

1. I can self assess my performance and make appropriate corrections
2. I can apply the principles of exercise (FITT, overload, specificity, and progression) in implementing a personal fitness program.
3. I can achieve personal fitness goals after a period of training.
4. I can write routinely over extended time frames (time for research, reflection, and revision) and shorter time frames (a single sitting or a day or two) for a range of tasks, purposes, and audiences.