North Polk Community Schools Pacing & Course Description Guide

Grade Level: 9-12	Content: Lifetime Fitness	Year: 2022-23

Course Description/Rationale

Prerequisite: Freshman PE
This course emphasizes activities that help develop muscular strength, flexibility, and cardiovascular fitness. The class will also be participating in activities like biking, roller-blading, and walking. Students will have the opportunity to create their own Personal fitness plan and follow it throughout the semester. Students will be setting goals and working toward those goals throughout the semester. They will have access to lifting weights, cardio equipment, outdoor facilities, and fitness equipment in the fitness room. Students will have the opportunity to work independently or in a group throughout the semester. **Required supplies: PE clothing, gym shoes, and padlock** (1 HS credit/semester)

Name of Unit	Time Frame	Essential Learning Target	Standard(s)
Outdoor Lifetime Fitness	Weeks 1-6	Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2) Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)	**Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**
Indoor Lifetime Fitness	Weeks 7-12	Level 1 - Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1) Level 1 - Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, and/or outdoor pursuits appropriately. (S2.H1.L1)	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness**
Personal Fitness Plan	Weeks 13-18	Level 2 - Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). (S3.H11.L2)	**Standard 3 Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness**