



Lifestyle Fitness Curriculum

Last Updated June, 2021 by Angela DiCello

Course Description: Lifestyle Fitness class will support body, mind, and heart. The general purpose of this course is to promote life-long physical activity and to develop an understanding of the benefits of low impact workouts. In this class we will use a variety of stress release activities. We will utilize yoga practice, walking, journaling, and meditation to become more physically, mentally, and emotionally fit.

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| Unit #/Title | 1/Benefits, Risks, & Safety of Walking and Yoga | Time Frame | 6 Days |
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Stage 1 - Identify Desired Results

Standards

- 10.3.9.A.** Analyze the role of individual responsibility for safety during organized activities.
- 10.3.12.D.** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
- 10.4.12.E:** Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

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| Big Ideas | Essential Questions |
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| <ul style="list-style-type: none"> ● Finding the benefits for low impact activity and learning the importance of risk and safety activities can motivate people to participate more in regular physical activity. | <ul style="list-style-type: none"> ● In what ways do some take risks when it comes to walking? ● How does a proper warm-up and cool-down prior to participation in any physical activity impact performance? |
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| Content | Skills |
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| <ul style="list-style-type: none"> ● How being physical fitness can benefit you ● Risk factors with walking ● Risk factors associated with yoga ● Safety rules when walking ● Stretches (warmup/cooldown) ● Proper Clothing ● Spatial awareness | <ul style="list-style-type: none"> ● Explain how you can benefit from low impact workouts ● Explain safety rules associated with walk as a life-long physical activities ● Identify risk factors associated with walking ● Explain why people stretch ● Explain how long you hold a stretch for ● Give examples of risk factors associated with yoga ● Explain how you should move through each pose in yoga ● Demonstrate a proper stretches for each muscle group ● Demonstrate a Static Stretch, Ballistic Stretch and Dynamic Stretch ● Explain why proper clothing is so important when it comes to working out ● Explain why spatial awareness is a critical factor of safety. |
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| Unit #/Title | 2/Benefits of Stress Management & Self Confidence | Time Frame | 30 days |
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Stage 1 - Identify Desired Results

Standards

- 10.4.9.9.A.** Analyze and engage in physical activities that are developmentally/individually appropriate and support achievement of personal fitness and activity.
- 10.4.9.9.B.** Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.
- Stress management
 - Disease prevention
 - Weight management
- 10.4.9.9.D** Analyze factors that affect physical activity preferences of adolescents.
- • skill competence
 - • social benefits
 - • previous experience
 - • activity confidence

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| Big Ideas | Essential Questions |
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| <ul style="list-style-type: none"> • Finding ways to build confidence and release stress can help people live a longer-healthier lifestyle. | <ul style="list-style-type: none"> • How can positive and negative stress improve motivation? • How does stress affect a teenager's personality? • How does journal writing help teenagers relieve stress? |
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| Content | Skills |
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| <ul style="list-style-type: none"> • Stress Management Strategies • Different kinds of stress • Common symptoms of stress • Common Behaviors • Benefits of practicing stress management • Ways to care for yourself • When to turn for help • Self confidence traits • Positive and negative impact that different types/sources of stress have on the aging process and life expectancy | <ul style="list-style-type: none"> • Explain why walking, journaling and yoga help reduce stress • Identify common behaviors of someone who is stressed • Identify common symptoms of stress • Explain the importance of a stress-management plan • Develop a stress management plan • Explain the two different kinds of stress and give an example of each • Explain positive and negative effects towards stress. • Identify warning signs • Identify ways to care for your body to reduce stress • Explain relaxation techniques to cope with stress • Identify illnesses caused by stress • Exhibit appropriate conduct when practicing yoga and meditation. • Identify places to turn for help when dealing with stress • Identify traits and skills of confident people |
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| Unit #/Title | 3/Learn to Breathe | Time Frame | 28 Days |
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Stage 1 - Identify Desired Results

Standards

- 10.2.12.D. D.** Examine and apply a decision-making process to the development of short and long-term health goals.
- 10.4.9.B.** Analyze the effects of regular participation in moderate to vigorous physical activities in moderate to vigorous physical activities in relation to adolescent health improvement.
- Stress management
 - Disease prevention
 - Weight management
- 10.4.12.A** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.
- 10.4.12.B** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- social
 - physiological
 - psychological
- 10.5.12.C.** Evaluate the impact of practice strategies on skill development and improvement.

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| Big Ideas | Essential Questions |
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| <ul style="list-style-type: none"> • Mindfulness helps us live in the present, enjoying and experiencing what’s in front of us. | <ul style="list-style-type: none"> • How will breathing exercises help strengthen attention? • How does deep breathing help us calm down? • How can mindfulness practices/techniques be used to improve an individual’s wellness throughout the lifespan? |
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| Content | Skills |
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| <ul style="list-style-type: none"> • The role of breathing in yoga • Styles of breathing: Breath counting • Respiratory system anatomy • Relax and become mindful of choices • Mindfulness music | <ul style="list-style-type: none"> • Demonstrate proper breathing techniques • Evaluate different breathing methods • Explain the importance of correct breathing • Identify the Respiratory system • List various mindful strategies. • Identify which mindful strategies is right for each individual student • Explain when you might use the mindfulness practice • Identify their thoughts feelings and movements as they experience a piece of music • Evaluate how your body feels during breath counting |
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| Unit #/Title | 4/Fundamental Skills and Techniques of Walking and Yoga | Time Frame | 20 Days |
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Stage 1 - Identify Desired Results

Standards

10.4.9.A Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.5.9.A Describe and apply the components of skill-related fitness to movement performance.

- agility
- balance
- coordination
- power
- reaction time
- speed

10.5.12.A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.

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| Big Ideas | Essential Questions |
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- Knowing how our bodies move and function helps us stay safe during exercise.

- What knowledge, skills, and behaviors contribute to a healthy lifestyle and promote optimal wellness?
- How can performance of movement skills in a technically correct manner improve and increase the likelihood of participation in lifelong physical activity?

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| Content | Skills |
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- History of Yoga
- Walking etiquette
- Distance for mile
- Yoga conduct
- 4 principles to build self-awareness in yoga
- Yoga Responsibilities
- Yoga Poses
- Walking alignment and form
- Personal fitness goals
- Different types of stretches- static, dynamic and ballistic
- Short Vinyasas
- Skills of walking (balance, coordination, standing up and being able to support body weight)

- Explain the history of yoga
- Evaluate proper etiquette when walking in the community and on the track
- Exhibit appropriate conduct when practicing yoga and meditation.
- Demonstrate proper form and alignment during yoga sessions
- Demonstrate proper form and alignment when walking
- Demonstrate short yoga vinyasas flow routine

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| Unit #/Title | 5/Evaluating Activities | Time Frame | 7 Days |
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Stage 1 - Identify Desired Results

Standards

10.4.9.A Analyze and engage in physical activities that are developmentally/ individually appropriate and support achievement of personal fitness and activity goals.

10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.

10.4.9.B Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.

- stress management
- disease prevention
- weight management

10.4.12.B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults.

- personal challenge
- physical benefits
- finances
- motivation
- access to activity
- self-improvement

10.4.12.E Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.

Big Ideas

- Finding value in exercise programs can motivate people to participate more regularly in physical activity.

Essential Questions

- What enjoyment do people get out of their favorite physical activities?
- What factors affect physical activity and exercise preference at each age?

Content

- The benefits of exercise programs
- Evaluate popular exercise programs
- Analyze the effects of regular participation
- Self-expression of selected exercise programs
- Healthy choices (Go to gym or play video games)
- BMI Scale
- Factors that affect physical activity
- Heart Rate
- Blood Pressure
- Heart Disease
- Where to take target heart rate
- Self-confidence

Skills

- Identify the benefits of exercise through participation in fitness activities.
- Describe some of the most popular exercise programs
- Identify benefits derived from participation in fitness activities.
- Explain how yoga is a form of self-expression
- Identify ways to make walking more challenging
- Read a BMI table and determine your BMI
- Explain the social benefits of low impact physical activities
- Explain the value of healthy choices and daily physical activity

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| <ul style="list-style-type: none">● Body Image● Teen Attitudes | <ul style="list-style-type: none">● Consider how walking supports achievement of personal fitness and activity goals.● Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement.● Explain how fitness can build your self confidence● Explain why financial considerations, availability of facilities, environmental factors should be considered before selecting activities for a personal fitness program.● Explain why motor skills, personality, and attitudes should be considered before selecting physical activities for a personal fitness program.● Define body image● Identify attitudes that teens may have toward physical activity |
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| Unit #/Title | 6/Maintaining Physical Fitness | Time Frame | 8 Days |
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Stage 1 - Identify Desired Results

Standards

- 10.1.9.B** Analyze the interdependence existing among the body system.
- 10.1.9.E** Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention
- 10.3.12.D** Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.
- 10.4.12.A** Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes lifelong participation.
- 10.4.12.B** Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.
- Social
 - Physiological
 - Psychological
- 10.4.12.D:** Evaluate factors that affect physical activity and exercise preferences of adults.
- Personal challenge
 - Physical benefits
 - Finances
 - Motivation
 - Access to activity
 - Self-improvement

| Big Ideas | Essential Questions |
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| <ul style="list-style-type: none"> • Learning the skills necessary to make health choices in life can motivate people to live a more balanced life. | <ul style="list-style-type: none"> • What do I need to be able to do in order to live a balanced life? • How will choices pertaining to physical activity affect me later in life? |
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| Content | Skills |
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| <ul style="list-style-type: none"> • Health is all about Balance • Nutrition is Key • FITT Principle- All about changing your workouts • Decision making • Personal Health • Community Health Information • Design of personal eating plan and workout plan | <ul style="list-style-type: none"> • Develop a concept of health through balance in life • Explain how making healthy food choices and being physically active every day can prevent illnesses in the future • Use decision-making skills to enhance health • Access and evaluate resources from home, school and community that provide valid health information and services for themselves and others. • Evaluate factors that may influence the personal selection of health products and services • Evaluate the effects of media, technology and other factors on personal health • Evaluate the validity of health information and the cost of products and services • Assess the importance of assuming responsibility for personal health behaviors |
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| | <ul style="list-style-type: none">• Explain ways to provide support and encouragement for classmates• Evaluate the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.• Design, implement, and evaluate progress toward an effective personal eating plan based on health information and personal goals. |
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