

**Fall 2023 ~ 2024**  
**Physical Education ~ Fall Semester-at-a-Glance**  
**High School Lifetime Fitness**

Standard	August	September	October	November	December
<b>Movement Competency &amp; Understanding (40% Emphasis)</b>	<div style="border: 1px solid red; padding: 5px; display: inline-block;"> <p><b>Components of Skill Related Fitness:</b> Agility, Balance, Coordination, Power, Reaction Time &amp; Speed, Brain &amp; Body Connections, Feedback for Improvement, Task Analyzing, Habits of Practice  <b>Personal Fitness Training:</b> F.I.T.T., S.P.O.R.T., Monitoring &amp; Adjusting Fitness Goals, PA Pyramid &amp; Stairway to Lifetime Health</p> </div>				
	<p style="text-align: center;"><b>Outdoor Leisure &amp; Adventure Pursuits</b>  <i>Emphasis on Lifetime Physical Activities:</i> Tennis, Disc Golf, Ultimate Frisbee, Urban Hiking/Geocaching, Orienteering, Jogging, Archery, Golf, Bocce, Cycling, Pickle Ball, Flag Football, Soccer, Softball, Tournaments, Capture-the-Flag, etc.  <b>(12 - 14 Lessons)</b></p>		<p style="text-align: center;"><b>Team, Dual &amp; Individual Games &amp; Recreational Activities</b>  <i>Emphasis on Lifetime Physical Activities:</i> Speed Ball, Basketball, Indoor Soccer (Hockey), Weight Lifting, Dance, Aerobics, Badminton, Pickle Ball, Table Tennis, Volleyball, Handball, Wall Ball, Kickball, Small Sided Games, Tournaments, Exercise Circuits, Wiffle Ball, Capture-the-Flag, etc., Benefits, Rules, Tactics, Equipment, Safety Considerations, Key Vocabulary,  <b>(32 - 36 Lessons)</b></p>		
<b>Physical &amp; Personal Wellness (60% Emphasis)</b>	<p style="text-align: center;"><b>Setting Goals for Health &amp; Fitness</b>            FitnessGram Pre-Test Assessments, Goal Setting, Healthy Fit Zone (HFZ), H.E.L.P. Philosophy  <b>(4 - 6 Lessons)</b></p>	<p style="text-align: center;"><b>Components/Principles of Health Related Fitness:</b> Building Cardiovascular Endurance, Active Aerobics, RPE, Pulse, Max, Training &amp; Recovery Heart Rate, Improving Flexibility, Guidelines for Stretching, Muscular Fitness, Building Strength &amp; Improving Endurance, Supplements, Body Composition, Caloric Balance, Essential &amp; Non-Essential Fat  <i>*Intentionally Taught &amp; Embedded Within All Activities as Appropriate</i></p>		<p style="text-align: center;"><b>Evaluating Goals for Health &amp; Fitness</b>            FitnessGram Post-Test Assessments, Goal Evaluation &amp; Reflection  <b>(4 - 6 Lessons)</b></p>	
	<p style="text-align: center;"><b>Introduction to Lifetime Fitness</b>            Fitness &amp; Wellness for All, Benefits of Physical Activity, How Much is Enough, Lifestyle Physical Activity, PA Preferences, A Wellness Perspective &amp; Positive Attitudes  <b>(4 - 6 Lessons)</b></p>		<p style="text-align: center;"><b>Principles of Nutrition</b>            Nutrients, Vitamins, Minerals, Calories, MyPlate, Portion Control, Food Guide Labels, Meal Planning, Hydration, Water vs. Sports Drinks, Supplements, Factors Influencing Food Choices, Food Diary  <b>(2 - 4 Lessons)</b></p> <p style="text-align: center;"><b>Personal Fitness Planning</b>            Program Design, Principles of Fitness Training, S.P.O.R.T. &amp; F.I.T.T., Staying Active &amp; Fit  <b>(4 - 6 Lessons)</b></p>		
<b>Emotional &amp; Social Wellness</b>	<p style="text-align: center;"><b>Pro-Social &amp; Personal Responsibility</b>            Respect for Self &amp; Others, Acceptance &amp; Empathy, Conflict Management &amp; Active Listening, Self-Management, Self-Directedness, Decision Making, Independent &amp; Group Success Behaviors  <i>*Intentionally Taught &amp; Embedded Within All Activities as Appropriate</i></p>				
	<p style="text-align: center;"><b>Cooperation, Collaboration &amp; Leadership</b>            Group Success (Teamwork), Concepts of Competition &amp; Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self &amp; Others  <i>*Intentionally Taught &amp; Embedded Within All Activities as Appropriate</i></p>				<p style="text-align: center;"><b>Stress Mgmt.</b>  <b>2 Lessons</b></p>
<b>Prevention &amp; Risk Management</b>	<p style="text-align: center;"><b>Rules, Behaviors &amp; Expectations</b>  <b>1 - 2 Lessons</b></p>	<p style="text-align: center;"><b>Movement Control For Safe Participation In All Physical Activity</b>            Safe &amp; Responsible Movement, Concepts of Space, Speed &amp; Direction, Proper Use of Equipment, Appropriate Attire, Risk Management, Emergency Response, Environmental Factors &amp; Weather Conditions  <i>*Intentionally Taught &amp; Embedded Within All Activities as Appropriate</i></p>			
	<p style="text-align: center;"><b>Smart &amp; Safe Physical Activity</b>  <b>1 - 2 Lessons</b></p>	<p style="text-align: center;"><b>Pre &amp; Post Workout Practices</b>            Injury Prevention, Identification, Treatment, RICE, Proper Warm-up &amp; Cool Down Procedures to Prevent Injury &amp; Enhance Performance  <i>*Intentionally Taught &amp; Embedded Within All Activities as Appropriate</i></p>			

