

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

Standard	January	February	March	April	May
Movement Competency & Understanding (40% Emphasis)	<div style="border: 1px solid red; padding: 5px; display: inline-block;"> <p>Components of Skill Related Fitness: Agility, Balance, Coordination, Power, Reaction Time & Speed, Brain & Body Connections, Feedback for Improvement, Task Analyzing, Habits of Practice Personal Fitness Training: F.I.T.T., S.P.O.R.T., Monitoring & Adjusting Fitness Goals, PA Pyramid & Stairway to Lifetime Health</p> </div>				
	<p>Team, Dual & Individual Games & Recreational Activities <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, (32 - 36 Lessons)</p>			<p>Outdoor Leisure & Adventure Pursuits <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. (12 - 14 Lessons)</p>	
Physical & Personal Wellness (60% Emphasis)	<p>Setting Goals for Health & Fitness FitnessGram Pre-Test Assessments, Goal Setting, Healthy Fit Zone (HFZ), H.E.L.P. Philosophy (4 - 6 Lessons)</p>	<p>Components/Principles of Health Related Fitness: Building Cardiovascular Endurance, Active Aerobics, RPE, Pulse, Max, Training & Recovery Heart Rate, Improving Flexibility, Guidelines for Stretching, Muscular Fitness, Building Strength & Improving Endurance, Supplements, Body Composition, Caloric Balance, Essential & Non-Essential Fat <i>*Intentionally Taught & Embedded Within All Activities as Appropriate</i></p>		<p>Evaluating Goals for Health & Fitness FitnessGram Post-Test Assessments, Goal Evaluation & Reflection (4 - 6 Lessons)</p>	
	<p>Introduction to Lifetime Fitness Fitness & Wellness for All, Benefits of Physical Activity, How Much is Enough, Lifestyle Physical Activity, PA Preferences, A Wellness Perspective & Positive Attitudes (4 - 6 Lessons)</p>	<p>Principles of Nutrition Nutrients, Vitamins, Minerals, Calories, MyPlate, Portion Control, Food Guide Labels, Meal Planning, Hydration, Water vs. Sports Drinks, Supplements, Factors Influencing Food Choices, Food Diary (2 - 4 Lessons)</p> <p>Personal Fitness Planning Program Design, Principles of Fitness Training, S.P.O.R.T. & F.I.T.T., Staying Active & Fit (4 - 6 Lessons)</p>			
Emotional & Social Wellness	<p>Pro-Social & Personal Responsibility ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Respect for Self & Others, Acceptance & Empathy, Conflict Management & Active Listening, Self-Management, Self-Directedness, Decision Making, Independent & Group Success Behaviors</p>				<p>Stress Mgmt. Types of Stress, Coping Strategies 2 Lessons</p>
	<p>Cooperation, Collaboration & Leadership ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Group Success (Teamwork), Concepts of Competition & Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self & Others</p>				
Prevention & Risk Management	<p>Rules, Behaviors & Expectations 1 - 2 Lessons</p>	<p>Movement Control for Safe Participation In All Physical Activity ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Safe & Responsible Movement, Concepts of Space, Speed & Direction, Proper Use of Equipment, Appropriate Attire, Risk Management, Emergency Response, Environmental Factors & Weather Conditions</p>			
	<p>Smart & Safe Physical Activity 1 - 2 Lessons</p>	<p>Pre & Post Workout Practices ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Injury Prevention, Identification, Treatment, RICE, Proper Warm-up & Cool Down Procedures to Prevent Injury & Enhance Performance</p>			

