

2023 - 2024
Physical Education ~ Semester-at-a-Glance
High School Fitness Conditioning/Aerobics (All Levels)

Standard	August/January	September/February	October/March	November/April	December/May
Movement Competency & Understanding	<p style="text-align: center;"><u>Lifetime Leisure & Adventure Pursuits</u> Skill Competency to Participate in a Variety of Traditional & Non-Traditional Lifetime Games & Sports, Lifestyle Physical Activity vs. Active Sports, Skill Related Components (Speed, Power, Balance, Reaction Time, Agility, Coordination), Problem Solving, Functional Daily Activity, Community Connections, Movement Patterns, Role of Practice on Skill Acquisition, Game Tactics, Rules, Vocabulary, Equipment, Once Weekly or Approximately 20% of Instructional Time</p>				
	<p style="text-align: center;"><u>Dance Aerobics, Rhythms & Conditioning</u> Exercise to Achieve or Enhance Aerobic Fitness, Muscular Tone, Strength & Endurance, Body/Brain Connections, Rhythm, Cross Lateral Movement, Balance & Movement Patterns, Tabata, H.I.T.T., Interval & Resistance Training, Basic Principles of Aerobic Training, Heart Rate (resting, training & recovery) Approximately 80% of Instructional Time</p>				
Physical and Personal Wellness	<p style="text-align: center;"><u>Setting Goals for Health & Fitness</u> FitnessGram Pre-Test Assessments, Goal Setting, Healthy Fit Zone (HFZ), H.E.L.P. Philosophy (4 - 6 Lessons)</p>	<p style="text-align: center;"><u>Personal Fitness Training</u> Plan Execution, PA Monitoring, Adjusting, Application of Training, Principles, PA Pyramid <u>Components/Principals of Health Related Fitness</u> Cardiovascular Endurance, Muscular Strength & Endurance, Flexibility & Body Composition</p>		<p style="text-align: center;"><u>Evaluating Goals for Health & Fitness: FitnessGram Post-Test</u> Goal Evaluation, Reflection, Modifications (4 - 6 Lessons)</p>	
	<p style="text-align: center;"><u>Personal Fitness Planning</u> Program Design, Principles of Fitness Training, S.P.O.R.T. & F.I.T.T., Staying Active & Fit (6 Lessons)</p>	<p style="text-align: center;"><u>Principles of Nutrition</u> Choosing Nutritious Foods, Healthy Diets, Nutrients, MyPlate, Meal Planning, Sport Drinks & Water, Factors Influencing Eating Habits (4 Lessons)</p>		<p style="text-align: center;"><u>Flexibility Training</u> Role of Flexibility to Prevent Injury & Enhance Performance, Types of Stretching, Safe Stretching Practices, Improving Flexibility (4 Lessons)</p>	
Emotional and Social Wellness	<p style="text-align: center;"><u>Pro-Social & Personal Responsibility</u> ➔ 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 style="text-align: center;"><u>Stress Mgmt.</u> Types of Stress, Coping Strategies 2 Lessons</p>
	<p style="text-align: center;"><u>Cooperation, Collaboration & Leadership</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Group & Individual Success (Teamwork), Constructive Criticism (Peer Evaluation), Concepts of Competition & Cooperation, Leadership Styles (Examples), Leadership Skills, Sportsmanship, Respect for Self & Others</p>				
Prevention and Risk Management	<p style="text-align: center;"><u>Rules, Behaviors & Expectations</u> 1 - 2 Lessons</p>	<p style="text-align: center;"><u>Movement Control for Safe Participation In All Physical Activity</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Safe & Responsible Movement, Concepts of Space, Speed, Direction & Time, Proper Use & Care of Equipment, Appropriate Attire, Risk Management, Environmental Factors, Weather Conditions, Basic Emergency Response Intentionally Planned & Embedded Within all Activities Where Appropriate</p>			
	<p style="text-align: center;"><u>Smart & Safe Physical Activity</u> 1 - 2 Lessons</p>	<p style="text-align: center;"><u>Pre & Post Workout Practices</u> ➔ Intentionally Taught & Embedded Within All Activities as Appropriate Proper Warm-Up & Cool Down Routines to Prevent Injury & Enhance Performance, Injury Identification & Basic Treatment (R.I.C.E., Basic First Aid, Concussion Protocol) Intentionally Planned & Embedded Within all Activities Where Appropriate</p>			