

Women's	Health and	Fitness I	(High School)				
Grade	Women's Health and Fitness I			One Trimester (12 weeks) In this course four weeks will be dedicated to Health which will be on another document			
	Unit/Chapter	Standards Taught	Lessons/Activities	Key Concepts	Resources/Technol	Assessments	Notes
9	Indoor Cycling	Standards 3,4	Build cardiovascular strength and endurance while in control of students own intensity	Each bike needs to be properly fit for the individual rider	Stationary Bikes Music	Teacher Observation and Heart Rate of students	As time, weather, class make up, and resources permits
9	Team Handball/Invasion	Standards 1,2,3,4,5,6	Catching, Throwing, Catching on the run	Teamwork, Man to man defense, zone defense	Handballs, Goals and Jerseys	Active Participation Teacher Observation	
9	Snowshoeing	Standards 2,3,4,6	Proper fitting of snowshoes Walking technique Maintain balance	Students will learn the benefits of snowshoeing as a lifelong physical activity and as a contributing factor to increased cardiovascular endurance, flexibility and muscle endurance	Snowshoes	Teacher Observation/feedba	
9	Mile Run	Standard 4,5	Weekly Mile Run	Benefits of cardio fitness. Use of sprinting and pacing	Stopwatch, track	Mile Timed	
9	Personal, Social Domain	Standard 5,6	Following Direction, Respect, Responsibility, Self Control, Best Effort, Compassion	Demonstrates a proper attitude in both winning and losing.	N/A	Daily Teacher Observation	

9	Swimming (Aquatics)	Standard 1,2,3,5,6	Lap Swim, Stroke Work, Water Safety, Treading Water, Water Aerobics,	Freestyle, Backstroke, Breaststroke, Stride Jump,	Pool	Daily Teacher Observation	
9	Fitness (Weight Lifting and Conditioning)	Standard 4	Thigh/leg strength endurance exercises. Abdominal/low back strength/endurance exercises. Arm/shoulder strength/endurance exercises.	Selected fitness activities that develop and maintain muscular strength and endurance of the abdominal, lower back, upper body, thigh, lower leg, and neck	P.E. Equipment Weight Room	Teacher Assessment Physical Fitness Assessment and Fitness Gram	
9	Total Body Conditioning	Standards 1,2,3	Step Aerobics Workouts, Jump Rope Workouts (Front and Back Jumps), Various Activities Using the balance ball	Total Body Workout that improves strength, aerobic fitness, flexibility, coordination, and balance	Step Aerobics Boxes, Half Moon Balance Balls, Jump Ropes	Active Participation, Teacher Observation	
	<b>See Health Unit Curriculum</b>						