

Women's	Health and Fitness II	(High School)					
Grade	Unit/Chapter	Standards Taught	Lessons/Activities	Key Concepts	Resources/Technol	Assessments	Notes
10,11,12	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	As time, weather, class make up and resources permits.
10,11,12	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	
10,11,12	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	
10,11,12	Mile Run	Standard 4,5	Weekly Mile Run	Mile Run	Stopwatch, track	Mile Timed	
10,11,12	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	
10,11,12	Net/Wall Games	Standards 1,2,3,4,5,6	Individual skill development Cooperative games Partner work Team work Lead up games	Students will apply the concepts of body awareness, time, space, direction and force to movement	Tennis, Volleyball, Badminton, Pickleball	Tests Teacher Observation	

10,11,12	Yoga	Standards 1,2,3,4,5,6	Gentle Breathing, Basic Poses Alignment principles	Getting students to relax	Yoga Videos Yoga Fit Cards	Active Participation Teacher Observation	
10,11,12	Total Body Conditioning	Standards 1,2,3	Step aerobics, Half Moon Balance Ball, Jump Ropes	Total Body Workout that improves strength, aerobic fitness, flexibility, coordination, and balance	Step Boxes, Half Moon Balance Balls, Jump Ropes	Active Participation, Teacher Observation	
10,11,12	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	