

Personal Conditioning

Unit:	Combining Appropriate Fitness for life						
Big Ideas:	Correlate the relationship between proper life choices and exercise; Explain the benefits of daily exercise; Describe how body systems are affected by poor life choices and a sedentary lifestyle; Identify risk factors such as smoking cigarettes and drinking alcohol and their negative physical effects on overall wellness						
Unit Essential Questions:	How does lack of exercise affect the body systems? What are some age appropriate activities you can do to maintain a healthy lifestyle? What risk factors can you control to maintain overall wellness?						
Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Essential Questions	Competencies (Skills, Knowledge, Abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
Weeks 1-16 Fitness terms and safety in the weight room or full body circuit	10.1.12 A, B, C, & E; 10.2.12 E; 10.3.12 A, B, C, & D 10.4.12 A-F 10.5.12 A-F	Muscular Strength, muscular endurance, cardiovascular endurance, flexibility, body composition, agility, balance, coordination, power, reaction time, and speed, ectomorph, endomorph, mesomorph	What are your strengths and weaknesses in the eleven components of fitness? Why is it important to have a three second count resistance during all strength activities? Why is flexibility an important aspect of a fitness routine?	*Health Related Fitness Components *Skill Related Fitness Components	Terminology handouts with a partner Presidential fitness tests including: Mile run, one minute sit-ups, curl-ups, shuttle run, 50 yard dash, v-sit, and standing long jump Other: agility dots, vertical jump, serpentine, bodyweight bench press Body composition, BMI, and waistline measurements Height and weight measurements	Handouts with fitness terms Weight room Stop watches Shuttle batons V-sit box Omichron electrostatic body composition Measuring tape	Based on comparison to national age percentiles and previous student fitness scores Teacher observation in weight room for proper technique at all stations Teacher directed circuit exercises Fitness Terminology quiz (50 points)

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<p>Weeks 4-8 Goal Settings/Personalized plan</p> <p>Week 9-13 New Goal based off current progress</p>	<p>10.4.12 F</p>	<p>open communication</p> <p>goal setting</p>	<p>What is a realistic fitness goal?</p> <p>How will you achieve this goal?</p> <p>Deadline for this goal?</p> <p>How are you going to measure personal growth?</p>	<p>SMART GOALS: *Specific *Measurable *Achievable *Relevant/Realistic Time</p>	<p>Watching an episode of my 600 pound life to hold kids accountable to their goal setting.</p> <p>Worksheet on goal setting</p> <p>Course long fitness project to track their goal.</p>	<p>Canvas Lap top Scale Fitness Center Videos Worksheets</p>	<p>Project based learning on SMART Goals</p>
<p>Week 9</p> <p>Digestive System and Digestive Disorders</p>	<p>10.1.12 B, C, E</p>	<p>Digestion, metabolism, mastication, peristalsis, bolus, nutrients, major disorders</p>	<p>What are the three main processes of the digestive system?</p> <p>How does the digestive process work from the time you start to chew food, to the time of excretion?</p> <p>How can you limit the digestive system from various digestive disorders?</p>	<p>*Functions of the digestive system *Importance of macronutrients *Importance of micronutrients</p>	<p>Cracker eating activity to demonstrate how starches are broken down by enzymes in the salivary glands</p> <p>Digestive system model identification and functions</p> <p>Digestive disorders crossword puzzle</p>	<p>Saltine or soda crackers Digestive model handouts Digestive disorders crossword puzzle worksheet</p>	<p>Rubric for identifying and labeling parts of the digestive system</p> <p>Crossword puzzle On Digestive disorders</p> <p>Worksheet on Digestive process from the mouth to excretion</p> <p>Student responses to teachers' questions</p> <p>Unit Test (55pts.)</p>
<p>Weeks 10</p> <p>Cardiovascular System</p>	<p>10.1.12 A, B, D</p>	<p>Carbon dioxide, white blood cells, red blood cells, platelets,</p>	<p>What are the fourteen steps of blood flow through the heart?</p>	<p>*Vo2 Max *ActiveHeart rate *Resting Heart Rate *Blood flow</p>	<p>Radial and carotid pulse</p>	<p>Deer heart Stop watch Handouts Heart model cutouts</p>	<p>Rubric Heart model project</p>

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		plasma, veins, arteries, capillaries, pulmonary, hemoglobin, cilia, alveoli, septum, ventricles, atriums, valves, disorders	<p>How do risk behaviors such as poor diet, sedentary lifestyle, smoking cigarettes, taking illegal drugs, drinking alcohol, not getting enough sleep, and stressing out affect the cardiovascular system?</p> <p>What are the top five cardiovascular diseases and how can they be prevented?</p>		Blood worksheet textbook research Heart Model project Cardiovascular disorders worksheet Team activity for fourteen steps of blood flow through the heart	Cardiovascular disorders worksheets Team activity handouts	Student responses to teachers' questions Cardiovascular extra credit Unit Test (75pts.)
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Weeks 11 The Respiratory System	10.1.12 A, B	Nasal cavity, cilia, pharynx, trachea, larynx, bronchi, lungs, bronchioles, alveoli, diaphragm, carbon dioxide, disorders	<p>What controls the rate at which you breathe?</p> <p>What effect does smoking cigarettes have on the respiratory system?</p> <p>How does your respiratory system process oxygen and carbon dioxide?</p>	<p>*Learn the path of oxygen through the respiratory system, from the air to the blood and tissues</p> <p>*Learn the path of oxygen through the respiratory system, from the air to the blood and tissues</p>	<p>Balloon blowing activity</p> <p>Breathing through a coffee straw</p> <p>Pig lung demonstration</p> <p>Label and describe functions for all parts of the respiratory system</p> <p>Demonstration of effects of cigarette smoke on the lungs</p> <p>Note completion worksheet with descriptions of common disorders</p>	<p>Balloons, coffee straws, handouts for identifying parts and notes for functions of each part and description for various disorders</p>	<p>Strength of lung capacity</p> <p>Mile Run</p> <p>Various fitness tests</p> <p>Student responses to teacher's questions</p> <p>Unit Quiz (25pts.)</p>
Weeks 12-13 The Muscular System	10.1.12 A, B, C	Voluntary, involuntary, fibrils, contraction, muscle tone, atrophy, lactic acid, antagonist, flexion, extension, adduction, abduction, medial, lateral	<p>Why is it important to maintain muscle tone throughout one's lifetime?</p> <p>How do muscles and bones work together to create movement?</p> <p>How do drugs and alcohol affect the central nervous system in relation to muscle movement?</p>	<p>: • Learn what the bones, muscles, and joints do.</p> <p>• Discover how they work together to function properly</p> <p>• Identify how bones, muscles, and joints move</p>	<p>Steak and chicken demonstration</p> <p>Muscle movements activity</p> <p>Reaction time games</p> <p>Muscle identification worksheets</p> <p>Gymnasium presentation</p>	<p>Steak and chicken, barbells, muscle identify worksheets, weight room</p>	<p>Various fitness stations for assessment of muscular strength of major muscle groups</p> <p>Students responses to teacher's questions</p> <p>Unit Quiz (50pts.)</p>

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<p align="center">Weeks 14 & 15 The Skeletal System</p>	<p align="center">10.1.12 A, B, C</p>	<p>Long bone, shaft, periosteum, compact bone, spong bone, bone marrow, collagen, cartilage, ossification, osteoporosis,axial, cranium, sinuses, vertebrae, sacrum, pelvis, coccyx, sternum, appendicular, joints, tendons, ligaments, fractures</p>	<p>What are bones made of and how can you keep your bones strong throughout a lifetime?</p> <p>How does the skeletal system work with the muscular system to create movement?</p> <p>How can you prevent injuries to the skeletal system when engaging in physical activity?</p>	<p>*Labeling the skeleton *How To prevent injuries *How bones and muscle work *Bone function with relationship to muscles.</p>	<p>Name them bones activity Present samples of types of bones Demonstrate how various bone joints help the skeletal system with movement Pinpoint identification of at least fifty bones in the skeletal system</p>	<p>Anatomy skeleton with various bones and joints</p> <p>Worksheets to identify various bones in the skeletal system</p>	<p>Student's response to teachers questions</p> <p>Unit quiz on identifying various bones (45 pts.)</p>
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