

Fit 4 You Course Overview Curriculum Document

Course Description

This course will emphasize the development of health related fitness skills. Students will be taught to design a personal fitness program. They will experience challenges by choice and team building skills through adventure education. They will develop aquatic skills, to ensure safety around water and to improve fitness levels.

Credits

.5

Prerequisites

None

Board Approved

2005

Revised

Spring 2022

Required Assessments

District-wide, standards-based common summative assessments

Textbooks/Resources

Fitness for Life 5th edition by Corbin and Lindsey
ISBN-13: 978-0736066754

Course Essential Understandings

As a result of successfully completing this course, students will understand that:

- solving physical, social and emotional problems requires communication and collaboration
- a wellness plan requires the application of the principles of exercise and lifetime fitness
- swim safety requires performing a variety of strokes

Course Essential Questions

- What is the purpose of analyzing performance of a variety of physical activities?
- What role does adventure and outdoor pursuits activities play in lifetime fitness?
- How can the principles of exercise be used to maintain and improve our health-related fitness?
- How can we prevent unintentional drowning?
- How does swimming improve fitness levels?

Unit Overviews

Unit Name	Unit Description	Unit Essential Question	Instructional Standards	Assessed Standards
Unit - Adventure Education	Adventure education is not just an activity; it is a way of doing it. Students participate in activities that seem “impossible,” but develop greater self-confidence to turn real risk into perceived risk through developing social interaction skills, communication, and problem-solving. Students also acquire a sense of trust and commitment in their classmates to accomplish a task once thought impossible.	<ul style="list-style-type: none"> ● What is the importance of challenge by choice? ● What is the importance of knowing everyone in the class? ● What is the importance of communication? ● What is the importance of problem-solving? ● What role does trust play in success or failure? ● How to transfer the stages of adventure to a variety of settings, including climbing skills. ● How to perform proper belaying skills. 	<p>Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). (S1.H1.L1)</p> <p>Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits appropriately. (S2.H1.L1)</p>	<p>Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)</p> <p>Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity. (S4.H2.L1)</p> <p>Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)</p> <p>Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)</p> <p>Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)</p>

				Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)
Unit - Personal Fitness	This unit will combine learnings that students have had in past physical education classes and teach them how to apply that learning to create a personal wellness plan based on their needs and then implement that plan to improve their wellness.	<ul style="list-style-type: none"> • Why are the FITT formula and the five health-related fitness components essential in creating a personal wellness plan? • How is the exercise principle applied to creating a personal wellness plan? • Why does everyone need a personal wellness plan to lead a healthy life? • Why do we need to know the 11 components of fitness and how they impact personal wellness? • Why is fitness testing necessary? • Why is it essential to conduct self-assessments with a personal wellness plan? • How does a personal wellness plan impact health? • Why is sleep important to good health? • How does exercise improve stress response 	<p>Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed (S4.H1.L1)</p> <p>Applies best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)</p>	<p>Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)</p> <p>Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).40 (S3.H9.L1)</p> <p>Calculates target heart rate and applies that information to a personal fitness plan. (S3.H10.L1)</p> <p>Designs a fitness program, including all components of health-related fitness, for a college student and/or an employee in the learner’s chosen field of work. (S3.H12.L1)</p>
Unit - Swimming	This unit will develop swim skills for students to become competent in the water and then transfer that skill into the ability to apply it to swim fitness. This unit will focus on the basic skills of front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, and safety.	<ul style="list-style-type: none"> • Why is swimming important for the person who is terrified of water and the person who is ready for the Olympics? • Why do students need competency in swim skills? • What are the swim components? • How does swimming improve fitness? • How does swimming contribute to a wellness plan? • How do students stay safe in all water applications? 	<p>Uses movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. (S2.H2.L1)</p> <p>Analyzes the health benefits of self-selected physical activity. (S5.H1.L1)</p>	<p>Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics). (S1.H1.L1)</p>