



Lifetime Pursuits - Unit 2 - Components of Fitness

Unit Focus

Throughout this unit, students will participate in activities that emphasize the components of fitness. Students will participate in activities that promote cardiorespiratory endurance through a combination of steady-state cardio and HIIT cardio. Participants will engage in muscular endurance tasks using weights, resistance bands, and their own body weight. Flexibility activities include yoga and pilates, and muscular strength activities include free-weight resistance activities that target all major muscle groups in the body. Oftentimes, there are adult groups, leagues, or clubs in the community that promote health and fitness through a specific activity or sport. Students will engage in team/group activities that they could theoretically continue to engage in as adults in their community to maintain a health-enhancing level of physical fitness as well as social-emotional well-being for their lifespan.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Health Education 9-12 <ul style="list-style-type: none">Demonstrate healthy practices and behaviors to improve the health of oneself and others (SM 7.3.12) Physical Education 9-12 <ul style="list-style-type: none">Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games or target games). (S1.H1.L1)Demonstrates competency in two or more specialized skills in health-related fitness activities. (S1.H3.L2)Demonstrates the ability to apply 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)Demonstrates the ability to use 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)Demonstrates the ability to apply rates of perceived exertion and pacing. (S3.H3.L2)Demonstrates the ability to evaluate risks and safety factors that might affect physical activity preferences throughout the life cycle (S3.H5.L1)	<i>Students will be able to independently use their learning to...</i> T1 Demonstrate improved physical performance in skills and movement patterns.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Students demonstrate various strategies when making decisions to enhance health. U2 People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them. U3 Individuals identify relative strengths and weaknesses in order to create goals that are worthy of pursuit. U4 Individuals tackle obstacles by using a variety of strategies and techniques that move them forward. U5 People break apart goals and set logical steps toward attainment and identify strategies to counteract areas of weakness.	<i>Students will keep considering...</i> Q1 What strategies do I have to make health-enhancing decisions? Q2 How do I monitor my progress towards a goal? Q3 How are short term goals used to achieve long term goals? Q4 What is a responsible action?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 the health-related and skill related components of fitness: muscular strength and endurance, cardiorespiratory, flexibility	<i>Students will be skilled at...</i> S1 demonstrating competency and/or refines activity-specific movement skills in two or more lifetime activities

Stage 1: Desired Results - Key Understandings

- Demonstrates appropriate technique on resistance training machines and with free weights (S3.H7.L1)
- Demonstrates the ability to identify 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). (S3.H9.L1)
- Demonstrates the ability to apply 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)
- Demonstrates the ability to analyze the health benefits of a selfselected physical activity (S5.H1.L1)
- Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S5.H2.L2)

Madison Public Schools Profile of a Graduate

- Design: Engaging in a process to refine a product for an intended audience and purpose. (POG.2.2)

K2 the skill-related related components of fitness: agility, balance, speed coordination, power, reaction time
K3 how each fitness activity supports the health and skill related components of fitness.
K4 proper form and safety considerations for each exercise.
K5 Vocabulary: 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)

S2 identifying 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)
S3 using movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.
S4 using appropriate technique and proper form during an exercise to ensure safety and maximum benefit.
S5 evaluating the risks and safety factors as well as applying rates of perceived exertion and pacing to determine factors that might affect physical activity preferences.
S6 applying 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).
S7 analyzing the health benefits of a selfselected physical activity