

General Course Information

Course Name: Lifetime Sports/Fitness	
Department: Physical Education	Grade Level(s): 10-12
Duration/Credits: 1 sem/.5	Prerequisites: None
BOE Approval Date:	Course Code H8030
Course Description:	
The Lifetime Sports and Fitness class will provide emphasis on recreational and individual sports which have carry-over value for leisure later in life. Students will also participate in daily fitness activities as well as fitness testing.	
Course Rationale:	
Research shows that physical fitness has a direct positive correlation on academic achievement. Physical fitness also plays an important role in developing the total wellness of an individual. Lifetime Sports and Fitness focuses on providing students with the working knowledge necessary to develop their own personal fitness. Students will participate in a variety of fitness, recreational, and individual sport experiences in order to discover activities that can promote a lifetime of physical fitness and personal enjoyment.	
Course Objectives:	
The student will participate in a variety of activities that will increase personal fitness.	
The student will recognize sports terms, scoring, etiquette, and read the rules of activities. (A+ Reading)	
The student will work with peers in a conducive manner.	
The student will talk about and demonstrate safety techniques of various activities. (A+ Speaking)	
The student will engage in tournament play.	
The student will research a lifetime sport using multiple sources. (A+ Research)	
The student will develop a written plan to stay fit throughout his/her life using lifetime sports. (A+ Writing)	

8. The student will participate in fitness testing.

Standards Alignment:

National PE Standards - [Shape America](#)