

## **Lifetime Fitness Curriculum**

### **Course Description**

Lifetime Fitness is a course designed to expose students to various fitness activities they can participate in for a lifetime. Students will develop a foundation of skills to support their cardiovascular fitness, muscular endurance and strength, and flexibility. The focus of this course is to prepare students to participate in physical activity for a lifetime regularly.

**Grades:** 9-12

### **Course Big Ideas**

Demonstrate cardiovascular growth while completing fitness tests and cardiovascular activities.

Improve level of overall fitness and desire to continue to be physically active.

Engage in a variety of activities and execute movements using proper technique.

### **Course Enduring Understandings**

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will understand and apply the rules and tactics of the sports, games, and activities.

Students will demonstrate purposeful engagement.

Students will incorporate fitness and wellness concepts to maintain a healthy level of physical fitness.

Students will understand the benefits of physical activity.

Students will engage in sports, games, or activities while demonstrating good sportsmanship.

### **Course Essential Questions**

What concepts, principles, strategies, and tactics are related to movement and performance?

How does the way I move and where I move affect my involvement in the sport, game, or activity?

How can we move effectively and efficiently?

Why is it important to understand and apply the safety procedures of lifetime fitness activities?

What is the value of physical activity?

How does my engagement in class improve my physical fitness?

What is the value of responsible personal and social behavior?

How can I achieve and maintain responsible personal and social behavior?

How can I demonstrate responsible personal and social behavior that respects self and others?

How can I achieve and maintain health-enhancing levels of physical activity and fitness?

### Course Essential Vocabulary

Physical fitness Heart rate Dynamic Stretching Reps Sets	Strategy Sportsmanship Communication Engagement
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<b>Unit 1</b>	<b>Motor Skills and Performance</b> Students will learn the rules and safety procedures of a variety of lifetime fitness activities. Students will learn proper skills and techniques to participate in lifetime fitness activities. Students will be prepared for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical ability while participating with peers in lifetime fitness activities.  Lifetime Fitness Activities: <ul style="list-style-type: none"><li>• Strength training using free weights, weight machines, bands, and body weight</li><li>• Cardiovascular training using the track, treadmills, elliptical, bikes, and jump ropes</li><li>• Flexibility training using dynamic stretching, static stretching, yoga, and pilates</li><li>• Core strength training</li><li>• Goal setting</li><li>• Creating personal fitness routine/Group Workout Presentation</li><li>• Nutrition</li><li>• Fitness Tests: Sit-ups, Pacer, Push-ups, Sit and Reach</li></ul>
<b>Unit 1 Guiding &amp; Essential Questions</b>	What concepts, principles, strategies, and tactics are related to movement and performance?  How does the way I move and where I move affect my involvement in the sport, game, or activity?

<b>Unit 1 Learning Goal(s)</b>	Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
<b>Unit 1 MO GLEs</b>	Use the concepts of health-related fitness to connect the benefits each offers to the development of total lifetime fitness. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness. (1.A.HPE4)
<b>Unit 1 National Standards SHAPE America</b>	<p>The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.</p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• Demonstrates competency in performing activities that contribute to improving each of the five components of health-related fitness. (S1.H3.L1)</li> </ul>
<b>Unit 1 Assessments</b>	<p>Observational</p> <p>Summative</p> <p>Formative</p> <p>Performance assessment</p>

<b>Unit 2</b>	<p><b>Concepts and Strategies</b></p> <p>Students will learn the rules and safety procedures of a variety of lifetime fitness activities. Students will learn proper skills and techniques to participate in lifetime fitness. Students will be prepared for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical ability while participating with peers in lifetime fitness.</p> <p>Lifetime Fitness Activities:</p> <ul style="list-style-type: none"> <li>• Strength training using free weights, weight machines, bands, and body weight</li> <li>• Cardiovascular training using the track, treadmills, elliptical, bikes, and jump ropes</li> <li>• Flexibility training using dynamic stretching, static stretching, yoga, and pilates</li> <li>• Core strength training</li> <li>• Goal setting</li> <li>• Creating personal fitness routine/Group Workout Presentation</li> <li>• Nutrition</li> <li>• Fitness Tests: Sit-ups, Pacer, Push-ups, Sit and Reach</li> </ul>
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<b>Unit 1 Guiding &amp; Essential Questions</b>	<p>How can we move effectively and efficiently?</p> <p>Why is it important to understand and apply the safety procedures of lifetime fitness activities?</p>
<b>Unit 2 Learning Goal(s)</b>	Students will understand and apply the safety procedures of a variety of lifetime fitness activities.
<b>Unit 2 MO GLEs</b>	<ul style="list-style-type: none"> <li>• Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games). (1.E. HPE4)</li> <li>• Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment). (2.A.HPE4)</li> </ul>
<b>Unit 2 National Standards SHAPE America</b>	<p>The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.</p> <ul style="list-style-type: none"> <li>• 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)</li> <li>• 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)</li> <li>• Creates a practice plan to improve performance for a self-selected skill. (S2.H3.L1)</li> <li>• Identifies examples of social and technical dance forms. (S2.H4.L1)</li> <li>• Uses strategies and tactics effectively during game play in net/wall and/or target games. (S2.H5.L1)</li> </ul>
<b>Unit 2 Assessments</b>	<p>Observational</p> <p>Summative</p> <p>Formative</p> <p>Performance assessment</p>

<b>Unit 3</b>	<p><b>Physical Activity and Participation</b></p> <p>Students will learn the rules and safety procedures of a variety of lifetime fitness activities. Students will learn proper skills and techniques to participate in lifetime fitness. Students will be prepared for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical ability while participating with peers in lifetime fitness.</p>
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	<p>Lifetime Fitness Activities:</p> <ul style="list-style-type: none"> <li>• Strength training using free weights, weight machines, bands, and body weight</li> <li>• Cardiovascular training using the track, treadmills, elliptical, bikes, and jump ropes</li> <li>• Flexibility training using dynamic stretching, static stretching, yoga, and pilates</li> <li>• Core strength training</li> <li>• Goal setting</li> <li>• Creating personal fitness routine/Group Workout Presentation</li> <li>• Nutrition</li> <li>• Fitness Tests: Sit-ups, Pacer, Push-ups, Sit and Reach</li> </ul>
<b>Unit 3 Guiding &amp; Essential Questions</b>	<p>What is the value of physical activity?</p> <p>How does my engagement in class improve my physical fitness?</p>
<b>Unit 3 Learning Goal(s)</b>	Students will demonstrate purposeful engagement.
<b>Unit 3 MO GLEs</b>	<ul style="list-style-type: none"> <li>• Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment). (2.A.HPE4)</li> </ul>
<b>Unit 3 National Standards SHAPE America</b>	<p>The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <ul style="list-style-type: none"> <li>• Discusses the benefits of a physically active lifestyle as it relates to college or career productivity. (S3.H1.L1)</li> <li>• Identifies issues associated with exercising in heat, humidity and cold. (S3.H3.L1)</li> <li>• Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. (S3.H5.L1)</li> <li>• Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. (S3.H6.L1)</li> <li>• Calculates target heart rate and applies that information to personal fitness plans. (S3.H10.L1)</li> <li>• Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L1)</li> </ul>
<b>Unit 3 Assessments</b>	<p>Observational</p> <p>Summative</p> <p>Formative</p> <p>Performance assessment</p>

<b>Unit 4</b>	<p><b>Responsible Personal and Social Behavior</b></p> <p>Students will learn the rules and safety procedures of a variety of lifetime fitness activities. Students will learn proper skills and techniques to participate in lifetime fitness activities. Students will be prepared for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical ability while participating with peers in lifetime fitness activities.</p> <p>Lifetime Fitness Activities:</p> <ul style="list-style-type: none"> <li>• Strength training using free weights, weight machines, bands, and body weight</li> <li>• Cardiovascular training using the track, treadmills, elliptical, bikes, and jump ropes</li> <li>• Flexibility training using dynamic stretching, static stretching, yoga, and pilates</li> <li>• Core strength training</li> <li>• Goal setting</li> <li>• Creating personal fitness routine/Group Workout Presentation</li> <li>• Nutrition</li> <li>• Fitness Tests: Sit-ups, Pacer, Push-ups, Sit and Reach</li> </ul>
<b>Unit 4 Guiding &amp; Essential Questions</b>	<p>What is the value of responsible personal and social behavior?</p> <p>How can I achieve and maintain responsible personal and social behavior?</p>
<b>Unit 4 Learning Goal(s)</b>	Students will incorporate responsible personal and social behavior to maintain a healthy level of physical fitness.
<b>Unit 4 MO GLEs</b>	Show personal etiquette, respect, and safety skills during physical activities. Identify strategies for including persons of diverse backgrounds and abilities in physical activities. (2.A.HPE2)
<b>Unit 4 National Standards SHAPE America</b>	<p>The physically literate individual exhibits responsible personal and social behavior that respects self and others.</p> <ul style="list-style-type: none"> <li>• Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)</li> <li>• Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)</li> <li>• Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)</li> <li>• Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. (S4.H4.L1)</li> <li>• 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)</li> </ul>

<b>Unit 4 Assessments</b>	Observational Summative Formative Performance assessment
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<b>Unit 5</b>	<p><b>Benefits of Physical Activity and Community Building</b></p> <p>Students will learn the rules and safety procedures of a variety of lifetime fitness activities. Students will learn proper skills and techniques to participate in lifetime fitness. Students will be prepared for a lifetime of physical activity and enjoyment. Students will learn to build confidence in their physical ability while participating with peers in lifetime fitness.</p> <p>Lifetime Fitness Activities:</p> <ul style="list-style-type: none"> <li>• Strength training using free weights, weight machines, bands, and body weight</li> <li>• Cardiovascular training using the track, treadmills, elliptical, bikes, and jump ropes</li> <li>• Flexibility training using dynamic stretching, static stretching, yoga, and pilates</li> <li>• Core strength training</li> <li>• Goal setting</li> <li>• Creating personal fitness routine/Group Workout Presentation</li> <li>• Nutrition</li> <li>• Fitness Tests: Sit-ups, Pacer, Push-ups, Sit and Reach</li> </ul>
<b>Unit 5 Guiding &amp; Essential Questions</b>	<p>How can I demonstrate responsible personal and social behavior that respects self and others?</p> <p>How can I achieve and maintain health-enhancing levels of physical activity and fitness?</p>
<b>Unit 5 Learning Goal(s)</b>	<p>Students will understand the benefits of physical activity.</p> <p>Students will engage in sports, games, or activities while demonstrating good sportsmanship.</p>
<b>Unit 5 MO GLEs</b>	<ul style="list-style-type: none"> <li>• Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness. Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness. (1.A.HPE4)</li> <li>• Show personal etiquette, respect, and safety skills during physical activities. Identify strategies for including persons of diverse backgrounds and abilities in physical activities. (2.A.HPE2)</li> </ul>

<b>Unit 5 National Standards SHAPE America</b>	<p>The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> <ul style="list-style-type: none"> <li>• Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)</li> <li>• Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)</li> <li>• Identifies the opportunity for social support in a self-selected physical activity or dance. (S5.H4.L1)</li> </ul>
<b>Unit 5 Assessments</b>	<p>Observational Summative Formative Performance assessment</p>