

Course Title:	Personal and Group Fitness
Grade(s):	10-12

Course Description
This course is designed for students interested in completing individual and group fitness routines that target weight loss, muscle toning, bodybuilding, and/or athletic training. Students will create and perform workouts designed to target specific areas of fitness that will help them work towards a fitness goal and provide students with the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. <i>Students will participate in a variety of activities that include, HIIT workouts, kettlebell/medicine ball workouts, circuit training, group fitness, and weight training. This class will be a good fit for students who are looking for a higher intensity fitness environment.</i>
Approved Curricular Materials/Textbook(s)

Unit Title	Unit Description (Include Unit Objectives)	Unit Pacing
Unit 1: Walking Unit	Students will participate in various walking activities as they learn about the benefits each brings to their health. During the unit, students will be able to: • Demonstrate locomotor walking patterns, adjusting speed and stride efficiently as they learn different styles of walking and varied terrains. • Follow all safety protocols and rules (proper hydration, appropriate attire, awareness of surroundings) to ensure a safe environment for themselves and their classmates.	2 weeks (September)

	• Explain the health benefits of regular fitness walking, including how it reduces the risk of chronic diseases and improves mental well-being. • Reflect on their experiences to identify opportunities for social interaction and self-expression through physical activity, recognizing its overall contribution to a healthy lifestyle.	
Unit 2: Target Heart Rate	Students will learn the importance of gauging how we feel during exercises and how measuring our heart rate can help us get the benefit we are looking for in our workouts. Students will be able to: • Understand key terms such as resting heart rate, maximum heart rate, and target heart rate zone. • Understand how to measure your heart rate & determine your target heart rate zone. • Understand the importance of measuring your heart rate & gauging how you feel during exercise. • Participate in a variety of exercises and measure your heart rate after each exercise.	2 weeks (September)
Unit 3: Warm up & Cool down	Students will learn the importance of incorporating a proper dynamic warm up before they exercise, as well as a proper static cool down after they exercise. Students will be able to: • Understand the reasons for warm-up and cool-down to prepare their bodies for activity and at the conclusion of their workout. • Identify warm up and cool down exercises and demonstrate them to the class. • Be respectful to peers as they demonstrate their exercises to the class. • Participate in the warm up and cool down exercises to the best of ability.	1 week (October)

Unit 4: Bodyweight Workout	Students will learn the benefits of a bodyweight workout, examples of exercises that can be included in a workout, and create their own bodyweight workout to perform in class. Students will be able to: • Perform a variety of bodyweight exercises with correct execution, focusing on form, controlled movement, and pushing themselves to get a beneficial outcome. • Understanding the importance of including a proper warm-up and cool-down as it relates to injury prevention, performance, and recovery. • Apply dynamic warm-up and proper stretching techniques specific to their workout, along with a proper cool-down that includes static stretching. • Create a bodyweight workout that includes cardiovascular endurance, muscular strength (Upper body), Lower body exercises, and muscular endurance (Core).	1 week (October)
Unit 5: Core & Glutes	Students will understand the importance of including your core and glutes into a regular workout routine, and be exposed to a variety of exercises that target these muscles. • Recognize the importance of strengthening muscles that protect your lower back, knees, and torso to avoid common injuries. • Consciously activate and feel the muscles of the core and glutes working during exercises. • Improve the strength and stability of the entire core, including the abdominal, lower back, and hip muscles. • Create a core and glutes workout to perform in class.	1 week (October)
Unit 6: Kettlebell, Medicine Ball, Sandbag Workout	Students will be exposed to a variety of exercises they can perform when using kettlebells, medicine balls, and sandbags. Students will have an opportunity to create their own workout using this equipment.	1 week (November)

	Students will be able to: • Gain an understanding of how to perform exercises while using medicine balls, kettlebells, and sandbags. • Demonstrate proper form when performing exercises offered by in class posters. • Choose a weight that is challenging when performing exercises to get a beneficial outcome. • Create a workout using equipment available that will target the upper body, lower body, and core. • Include a warm up that has dynamic stretches along with a cool down with static stretches.	
Unit 7: HIIT Workout	Students will understand the basic principles of designing a safe and productive HIIT workout, including work-to-rest ratios. Students will participate in a cardio and weighted HIIT workout and then create their own. Students will be able to: • Perform exercises correctly with effort that will allow you to get a benefit from the workout. • Be respectful to students' different abilities when performing the workouts. • Create a HIIT workout that includes five cardiovascular exercises and five weighted exercises. • Create a HIIT workout that includes a warm up and cool down.	1 week (November)
Unit 8: Pilates	Students will understand the six core principles of pilates, identify the benefits of pilates and how it can improve their overall fitness. Students will demonstrate basic pilate exercises with correct form and breathing. Students will be able to: • Perform a pilates routine while focusing on their form and breathing pattern. • Create a pilates routine they can perform in class.	1 week (December)

Unit 9: Weight Room Workout	Students will understand safety rules, etiquette, reps, sets, and rest as it relates to working out at a gym. Students will be able to create their own workout which targets the main muscle groups: chest, back, biceps, triceps, shoulders, and legs. Students will be able to: • Write a workout with exercises that relate to the muscle groups they are focusing on. • Perform exercises correctly with effort that will allow you to get a benefit from the workout. • Include a proper warm up and cool down in the workout. • Be respectful to students' different abilities when performing the workouts.	3 weeks (December - January)
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