Lehighton Area School District
Curriculum Framework

Course Title:	Personal Conditioning
Content Area:	Physical Education
Grade Level(s):	11th-12th
Course Overview:	Combining appropriate fitness for life - Correlate the relationship between proper life choices and exercise; Explain the benefits of daily exercise; Describe how body systems are affected by poor life choices and a sedentary lifestyle; Identify risk factors such as smoking cigarettes and drinking alcohol and their negative physical effects on overall wellness
PA Core Standards:	PA Standards
Key Course Text and Materials:	Canvas
Key Assessments/Projects:	Creating dynamic warm up, FITT principles, Heart rate, muscle project, goal setting, sports nutrition

Big Idea/Unit:	Fitness Terms, Safety in the Weight Room, Circuit Training/HITT			
Pacing:	**1-16 weeks**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.1.12 A, B, C, & E 10.2.12 E 10.3.12 A, B, C, & D 10.4.12 A-F 10.5.12 A-F	Health Related Fitness Components Skill Related Fitness Components SMART GOALS: *Specific *Measureable *Achievable *Relevant/Realistic Time Functions of the digestive system Importance of macronutrients Importance of micronutrients Describe and apply the components of skill-related fitness to movement performance. • agility • balance • coordination • power • reaction time • speed	Muscular Strength muscular endurance cardiovascular endurance flexibility body composition agility balance coordination power reaction time and speed ectomorph endomorph mesomorph	Weightroom/fitness center, Approperate clothing for class, Canvas materials/handouts	Based on comparison to national age percentiles and previous student fitness scores Teacher observation in weight room for proper technique at all stations Teacher directed circuit exercises Fitness Terminology quiz

Big Idea/Unit:	Goal Setting			
Pacing:	**Weeks 4-8 and weeks 9-13**			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
10.4.12 E	Open communication and goal setting	SMART GOALS: *Specific *Measureable	Watching an episode of my 600 pound life to hold kids accountable to their goal setting. Worksheet on goal setting Course long fitness	Project based learning on

10.4.12 F	New Goal based off current progress	*Achievable *Relevant/Realistic Time	Course long fitness project to track their goal. Canvas Scale Fitness Center Workouts Workout videos	learning on SMART Goals

Big Idea/Unit:	**Digestive System and Digestive Disorders**
Pacing:	**Week 9**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.12 B, C, E	Evaluate factors that impact growth and development during adulthood and late adulthood. • acute and chronic illness Evaluate factors that impact the body systems and apply protective/ preventive strategies. • fitness level • environment (e.g., pollutants, available health care) • health status (e.g., physical, mental, social) • nutrition Analyze factors that impact nutritional choices of adults. • cost • food preparation (e.g., time, skills) • consumer skills (e.g., understanding food labels, evaluating fads) • nutritional knowledge • changes in nutritional requirements (e.g., age, physical activity level) *Functions of the digestive system *Importance of macronutrients *Importance of micronutrients	Digestion metabolism mastication peristalsis bolus nutrients major disorders	Saltine or soda demonstrate how starches are broken down by enzymes in the salivary glands Digestive model handouts Digestive disorders crossword puzzle worksheet Digestive disorders	Rubric for identifying and labeling parts of the digestive system Digestive disorders Worksheet on Digestive process from the mouth to excretion Protein Consumption

Big Idea/Unit:	**Cardiovascular System**
Pacing:	**Week 10**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.12 A, B, D	Carbon dioxide, white blood cells, red blood cells, platelets, How do risk behaviors such as poor diet,sedentary lifestyle, smoking cigarettes, taking illegal drugs, drinking alcohol, not getting enough sleep, and stressing out affect the cardiovascular system? What are the top five cardiovascular diseases and how can they be prevented?	Vo2 Max *ActiveHeart rate *Resting Heart Rate *Blood flow	Heart rate monitors Handouts Heart rate max Stop watch Cardiovascular disorders Team activity handouts	Heart rate Max Average heart rate resting vs active Cardiovascular running fitness test

Big Idea/Unit:	**The Respiratory System**
Pacing:	**Week 11**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.12 A, B	Learn the path of oxygen through the respiratory system, from the air to the blood and tissues	Respiratory System Inhalation Exhalation Oxygen (O_2) Carbon Dioxide (CO_2) Trachea Bronchi Bronchioles Alveoli Lungs Diagragm Gas Exchange Mucus Cilia Epiglottis Pharynx Larynx Asthma Respiratory Rate Diffusion	Balloons, coffee straws, handouts for identifying parts and notes for functions of each part and description for various disorders	Strength of lung capacity Various fitness tests Canvas Balloon blowing activity Breathing through a coffee straw

	The Muscular System
Pacing:	**Weeks 12-13**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project
10.1.12 A, B, C	Learn what the bones, muscles, and joints do Discover how they work together to function properly Identify how bones, muscles, and joints move	voluntary involuntary muscle tone flexion lactic acid antagonist extension adduction	Reaction time games Muscle identifcation worksheets Fitness Center	Various fitness stations for assessment of muscular strength of major muscle groups Student's responses to teacher's questions Muscle workout project

	The Skeletal System
Pacing:	**Weeks 14-15**

Standards	Objective/Skill	Vocabulary	Additional Resources	Assessment/Project

10.1.12 A, B, C	Labeling the skeleton How to prevent injuries How bone s and muscles work Bone function with relationship to muscles	Long bone shaft periosteum compact bone spong bone bone marrow collagen cartilage ossification osteoporosis axial, cranium, sinuses, vertebrae, sacrum, pelvis, coccyx, sternum, appendicular, joints, tendons, ligaments, fractures	Anatomy skeleton with various bones and joints Worksheets to identify various bones in the skeletal system	Student's response to teachers questions identifying various bones