

High School Physical Education

(Lifetime Fitness and Wellness Pursuits)

Course Description: The Lifetime Fitness and Wellness course provides a study of fitness and wellness which explores their relationship as it pertains to a healthy lifestyle. This course evaluates the student's level of fitness and wellness and develops lifelong healthy habits. The learning emphasis for this course will be based on the following areas: components of physical fitness, consumer issues, physiological principals, safety practices, lifestyle assessment, and the design and sustainment of a personal fitness goal.

Texas Essential Knowledge and Skills:

[Chapter 116.62 Texas Essential Knowledge and Skills for Lifetime Fitness and Wellness Pursuits](#)

Grading Period 1	Start Date	End Date
Physiological/Biomechanical principles Improving Health-Related Fitness Games and Activities Warm-up/Cool Down Benefits of long-term fitness Personal Health and Hygiene	08/12/26	10/08/26
Grading Period 2	Start Date	End Date
Nutritional Practices Self-Management Skills Games and Activities Warm-up/Cool Down Benefits of long-term fitness Healthy Physical Activity	10/19/25	12/18/26

Grading Period 3	Start Date	End Date
Measure and Evaluate Personal Fitness Technological Tools that improve health-related fitness Lifetime Fitness Activities Warm-up/Cool Down Benefits of long-term fitness Evaluating Health Information	01/05/27	03/11/27
Grading Period 4	Start Date	End Date
Responding to challenges in physical activity FitnessGram Personal Fitness Plans Games and Activities Warm-up/Cool Down Benefits of long-term fitness Safety and First Aid	03/22/27	05/27/27

Lessons in the curriculum will include: Movement Patterns and Movement Skills, Performance Strategies, Health, Physical Activity, and Fitness, Social and Emotional Health, and Lifetime Wellness.

Notes:

**The length of each unit is a specific number of days, but it is understood that there is a range of +/- a day. The purpose of the flexibility is to allow teachers the opportunity to plan for the needs of their students and to accommodate re-teaching or review when necessary.