

Blackhawk School District

CURRICULUM

Course Title:	Fitness 4 Life (Boys & Girls)
Course Number:	
Grade Level(s):	Grades 9 & 10
Periods per week:	Every Other day
Length of Period:	42 minutes
Length of Course:	Semester
Credits:	.25 credits
Faculty Author(s):	Bryan Vitali & Jamie Planitzer
Date:	Spring 2014

COURSE DESCRIPTION:

The student will be able to further develop into a physically educated individual by increasing their knowledge, skills, and confidence in a multitude of activities in order to enjoy a lifetime of healthful physical activity.

Physical activity is critical to the development and maintenance of good health. The goal of Fitness 4 Life is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity. Fitness 4 Life includes instruction and participation in various physical fitness activities, individual lifetime activities and sports, and team sports. Students will be challenged in a variety of different methods to foster one's overall physical, mental, social, and emotional well-being.

Students will also be working to improve and/or maintain their health within five fitness components including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Throughout the various activities within the class, these aforementioned components will be developed, maintained, and/or enhanced through moderate to vigorous exercise & physical activity on a class basis.

The following outline provides a general overview of the course content, not a chronological timetable. The weeks denoted for each area provide an idea for the overall time spent working with a given topic throughout the school year.

COURSE OUTLINE	PROPOSED TIME	OBJECTIVES (PA standard)	RESOURCES
<u>FALL SEMESTER</u>	<i>18 WEEKS</i>		
Fitnessgram <ul style="list-style-type: none"> • Mile Run • Push-ups • Curl-ups • Shoulder Stretch <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<i>2 classes</i> <i>1 class</i> <i>1 class</i>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	CD Mats Stopwatch
Football & Mountain	<i>5-6 classes</i>	10.3.9 Safety and Injury Prevention	Footballs

<p>Biking/Jogging</p> <p>Football</p> <ul style="list-style-type: none"> • Ultimate Football <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Round Robin Play 	<p><i>2-3 classes</i></p>	<p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Mountain Bikes</p> <p>Helmets</p> <p>Running Trail</p>
<p>Mountain Biking</p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations <ul style="list-style-type: none"> ▪ Bike Checks ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<p><i>2-3 classes</i></p>		

<ul style="list-style-type: none"> ○ Course Riding <ul style="list-style-type: none"> ▪ Beginners Course ▪ Advanced Course ▪ Hill Riding ▪ Road and Off Road Riding ○ Biking Skills <ul style="list-style-type: none"> ▪ Gear shifting ▪ Breaking <p>Walking/ Jogging</p> <ul style="list-style-type: none"> • Individual Challenges <ul style="list-style-type: none"> ○ Beginners Course ○ Advanced Course ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<p><i>2-3 classes</i></p>		
<p>Soccer & Hiking</p> <p>Soccer</p> <ul style="list-style-type: none"> • Small Sided Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown 	<p><i>5-6 classes</i></p> <p><i>1 class</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress</p>	<p>Soccer Balls</p> <p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p>

<ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Round Robin Play • Large Scale Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Warm-Up ○ Team Breakdown ○ Game Play • World Cup Game <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Game Play ○ Team Breakdown ○ Game Play <p>Hiking</p> <ul style="list-style-type: none"> • Class Courses <ul style="list-style-type: none"> ○ Rule/Safety Explanations & 	<p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>2-3 classes</i></p>	<p>management, disease prevention, and weight management).</p> <ul style="list-style-type: none"> C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	<p>Soccer Goals</p> <p>Hiking Trails</p>
--	---	--	--

<p>Expectations</p> <ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 			
<p>Tennis & Orienteering</p> <p>Tennis</p> <ul style="list-style-type: none"> • King of the Court & Leisure Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Partner Breakdown ○ “Racket Familiarity” • Doubles Tennis <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Partner Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise 	<p><i>5-6 classes</i></p> <p><i>1 class</i></p> <p><i>2 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p>	<p>Tennis Rackets</p> <p>Tennis Balls</p> <p>Tennis Courts</p> <p>Heart Rate Monitors</p> <p>Compasses</p> <p>Cell Phones</p> <p>Orienteering Courses</p>

<ul style="list-style-type: none"> ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Doubles Tennis Play <p>Orienteering</p> <ul style="list-style-type: none"> • General Orienteering <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Compass Skills <ul style="list-style-type: none"> ▪ How to read a compass • Fitness Orienteering <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance 	<p><i>2-3 classes</i></p> <p><i>1-2 classes</i></p> <p><i>1-2 classes</i></p>	<ul style="list-style-type: none"> D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
--	---	--	--

<ul style="list-style-type: none"> ▪ Exercise Flexibility Exercise ○ Compass Skills <ul style="list-style-type: none"> ▪ How to read a compass 			
<p>Handball & Fitness Activity (determined on a unit basis)</p> <p>Handball</p> <ul style="list-style-type: none"> • Team Handball <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Round Robin Play • ShootOut Competition & Best Trick Shot (optional) <ul style="list-style-type: none"> ○ Competition Explanations ○ Safety Expectations <p>Fitness Activities</p> <ul style="list-style-type: none"> ○ Cardio 	<p><i>6 classes</i></p> <p><i>2-3 classes</i></p> <p><i>0-1 class</i></p> <p><i>3 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Goals</p> <p>Balls</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>

<ul style="list-style-type: none"> ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T 			
<p>Speedball & Fitness Activity (determined on a unit basis)</p> <p>Speedball</p> <ul style="list-style-type: none"> • Team Speedball <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Round Robin Play <p><u><i>Additional sports will be integrated each class period to advance game play, advance strategies, and advance fitness levels. Speedball will start with 2 sports, then will be combined to include as many as 5 sports in one</i></u></p>	<p><i>6 classes</i></p> <p><i>3 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Balls</p> <p>Goals</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>

<p><u>game.</u></p> <ul style="list-style-type: none"> ○ Football, Soccer, Basketball, Handball, Rugby, Volleyball, etc. <p>Fitness Activities</p> <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility <ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T 	<p style="text-align: center;"><i>3 classes</i></p>	<p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Volleyball & Fitness Activity (determined on a unit basis)</p> <p>Volleyball</p> <ul style="list-style-type: none"> • Volleyball Tournament <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice & Team Practice Day 	<p style="text-align: center;"><i>9 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p>	<p>Heart Rate Monitors</p> <p>Field Space/Gym</p>
	<p style="text-align: center;"><i>5 classes</i></p>	<p>10.4.9 Physical Activity</p> <ul style="list-style-type: none"> A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals. B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management). C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. 	<p>Boundary Lines</p> <p>Nets</p> <p>Volleyballs</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>

<ul style="list-style-type: none"> ○ <u>Round Robin Tournament Play</u> ○ <u>Single Elimination Tournament Play</u> <p>Fitness Activities</p> <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T. 	<p style="text-align: center;"><i>4 classes</i></p>	<ul style="list-style-type: none"> B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
<p>Cooperative Team Invasion Games & Fitness Activity (determined on a unit basis)</p> <p>Cooperative Team Games</p> <ul style="list-style-type: none"> ● Planet Ball <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play ● 4 Corner Capture <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play ● Red Rocket Ball <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play <p>Fitness Principle Integration (All</p>	<p style="text-align: center;"><i>6 classes</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>1 class</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Analyze the role of individual responsibility for safety during organized group activities. <p>10.4.9 Physical Activity</p> <ul style="list-style-type: none"> A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals. B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management). C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. 	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Various Balls</p> <p>Hula Hoops</p> <p>Pins</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>

<p>Ultimate Ping-Pong</p> <ul style="list-style-type: none"> ○ Partner Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Leisure Play <p>Fitness Activities</p> <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T. 	<p style="text-align: center;"><i>3 classes</i></p>	<p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	<p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>
<p>Team Foot-Eye Coordination Games & Fitness Activity (determined on a unit basis)</p> <p>Team Foot-Eye Games</p> <ul style="list-style-type: none"> • Wall Soccer <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Fitness Principle 	<p style="text-align: center;"><i>6 classes</i></p> <p style="text-align: center;"><i>1 class</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Goals</p> <p>Various Balls</p>

<ul style="list-style-type: none"> Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Game Play ● Matball <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ General Game Play ● Crazy Kickball <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ General Game Play Fitness Activities <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle <ul style="list-style-type: none"> Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T. 	<p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>3 classes</i></p>	<p>to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	<p>Mats</p> <p>Bases</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>
<p>Basketball & Fitness Activity (determined on a unit basis)</p> <p>Basketball</p>	<p style="text-align: center;"><i>6 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p>

<ul style="list-style-type: none"> ○ Team Breakdown ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Skill Practice (Optional) ○ Round Robin Play • Skills Competition (optional) <ul style="list-style-type: none"> ○ Hardest Shot ○ Shootout ○ Shot Accuracy Fitness Activities <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T. 	<p style="text-align: center;"><i>0-1 class</i></p> <p style="text-align: center;"><i>3 classes</i></p>	<ul style="list-style-type: none"> B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management). C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	<p>Pads</p> <p>Hockey Sticks</p> <p>Hockey Balls</p> <p>Goalie Equipment</p> <p>Weight Room</p> <p>Fitness Center</p> <p>Fit Deck Cards</p> <p>Fitness DVD's</p> <p>DVD Player</p>
<p>Rock Wall & Leisure/Lawn Games & Fitness Activity (determined on a unit basis)</p> <p>RockWall</p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations 	<p style="text-align: center;"><i>6-8 classes</i></p> <p style="text-align: center;"><i>3-4 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Analyze the role of individual responsibility for safety during organized group activities. <p>10.4.9 Physical Activity</p> <ul style="list-style-type: none"> A. Engage in physical activities that are developmentally appropriate and 	<p>Rock Wall Carabineers</p> <p>Harnesses</p> <p>Ropes</p>

<ul style="list-style-type: none"> ○ Team Belay ○ Knot Tying ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Time Challenge <ul style="list-style-type: none"> ▪ Advanced Wall ▪ Beginner Wall <p>Leisure/Lawn Games</p> <ul style="list-style-type: none"> • Corn Hole <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play • Ladder Ball <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play • Horse Shoes <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play 	<p><i>3-4 classes</i></p>	<p>support achievement of personal fitness and activity goals.</p> <ul style="list-style-type: none"> B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management). C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	<p>Helmets</p> <p>Rock Ladders</p> <p>Lawn Darts</p> <p>Horse Shoes</p> <p>Ladder Structures</p>
--	---------------------------	---	--

<p>Fitness Principle Integration (All activities)</p> <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate <p>Warm-Ups (Daily) (All activities)</p> <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise <ul style="list-style-type: none"> • Fitness Activities <ul style="list-style-type: none"> ○ Cardio ○ Muscular Strength ○ Muscular Endurance ○ Flexibility ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ▪ F.I.T.T. 	<p><i>3-4 classes</i></p>		
<p>Frisbee & Mountain Biking/Jogging</p> <p>Frisbee</p> <ul style="list-style-type: none"> • Frisbee Skills Practice <ul style="list-style-type: none"> ○ Backhand Throw ○ Forehand Throw ○ Sandwich Catch ○ C Catch • Ultimate Frisbee <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle 	<p style="text-align: center;"><i>5-6 classes</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>2 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Frisbees</p> <p>Boundary Lines</p> <p>Mountain Bikes</p> <p>Helmets</p> <p>Running Trail</p>

<p>Integration</p> <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate <p>○ Warm-Ups (Daily)</p> <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise <p>○ Small Sided Game Play</p> <p>Mountain Biking</p> <p>○ Rule/Safety Explanations & Expectations</p> <ul style="list-style-type: none"> ▪ Bike Checks <p>○ Fitness Principle Integration</p> <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate <p>○ Warm-Ups (Daily)</p> <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise <p>○ Course Riding</p> <ul style="list-style-type: none"> ▪ Beginners Course ▪ Advanced Course ▪ Hill Riding ▪ Road and Off Road Riding <p>○ Biking Skills</p> <ul style="list-style-type: none"> ▪ Gear shifting ▪ Breaking <p>Walking/ Jogging</p>	<p><i>3 classes</i></p>	<p>group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
---	-------------------------	---	--

<ul style="list-style-type: none"> • Individual Challenges <ul style="list-style-type: none"> ○ Beginners Course ○ Advanced Course ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<p style="text-align: center;"><i>3 classes</i></p>		
<p>Lacrosse & Hiking</p> <p>Lacrosse</p> <ul style="list-style-type: none"> • Lacrosse Skills Practice <ul style="list-style-type: none"> ○ Underhand Throw ○ Overhand Throw ○ Catching ○ Scooping ○ Cradling • Ultimate Frisbee <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown 	<p style="text-align: center;"><i>5-6 classes</i></p> <p style="text-align: center;"><i>1 class</i></p> <p style="text-align: center;"><i>2 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p>	<p>Pinnies</p> <p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Boundary Lines</p> <p>Lacrosse Sticks</p> <p>Lacrosse Balls</p> <p>Goalie Pads</p> <p>Lacrosse Nets</p> <p>Hiking Trails</p>

<ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Small sided game play <p>Hiking</p> <ul style="list-style-type: none"> • Class Courses <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise • Flexibility Exercise 	<p><i>2-3 classes</i></p>	<p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
<p>Sand Volleyball & Orienteering</p> <p>Sand Volleyball</p> <ul style="list-style-type: none"> • Volleyball Tournament <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown 	<p><i>5-6 classes</i></p> <p><i>3 classes</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Analyze the role of individual responsibility for safety during organized group activities. <p>10.4.9 Physical Activity</p> <ul style="list-style-type: none"> A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals. B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress 	<p>Heart Rate Monitors</p> <p>Sand Volleyball Courts</p> <p>Boundary Lines</p> <p>Volleyballs</p> <p>Orienteering Courses</p> <p>Compasses</p>

<ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ <u>Round Robin Tournament Play with Single Elimination</u> <p>Orienteering</p> <p><i>2-3 classes</i></p> <ul style="list-style-type: none"> • Orienteering <p><i>1-2 classes</i></p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Compass Skills <ul style="list-style-type: none"> ▪ How to read a compass • Fitness Orienteering <p><i>1-2 classes</i></p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations 		<p>management, disease prevention, and weight management).</p> <ul style="list-style-type: none"> C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status) D. Analyze factors that affect physical activity preferences of adolescents. E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement. F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities. <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Describe and apply the components of skill-related fitness to movement Performance. B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement. C. Identify and apply practice strategies for skill improvement. D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	<p>Cell Phones</p>
---	--	---	--------------------

<ul style="list-style-type: none"> ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise ○ Compass Skills <ul style="list-style-type: none"> ▪ How to read a compass 			
<p>Softball & Team Obstacle Course (if time allows)</p> <ul style="list-style-type: none"> • Softball Leisure Game Play • Outside Obstacle Course Completion 	<p><i>2 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p>	<p>Heart Rate Monitors</p> <p>Field Space/Gym</p> <p>Cones</p> <p>Softballs</p> <p>Softball Gloves</p> <p>Softball Bats</p> <p>Boundary Lines</p> <p>Mats</p> <p>Hula Hoops</p> <p>Jump Ropes</p>

		<p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Fitnessgram</p> <ul style="list-style-type: none"> • Mile Run • Push-ups • Curl-ups • Shoulder Stretch <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<p><i>2 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.9 Safety and Injury Prevention</p> <p>D. Analyze the role of individual responsibility for safety during organized group activities.</p> <p>10.4.9 Physical Activity</p> <p>A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.</p> <p>B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).</p> <p>C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)</p> <p>D. Analyze factors that affect physical activity preferences of adolescents.</p> <p>E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.</p> <p>F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.</p> <p>10.5.9 Concepts, Principles and Strategies of Movement</p> <p>A. Describe and apply the components of skill-related fitness to movement Performance.</p> <p>B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.</p> <p>C. Identify and apply practice strategies for skill improvement.</p> <p>D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	<p>CD</p> <p>Stopwatch</p> <p>Mats</p>

