

Blackhawk School District

CURRICULUM

Course Title:	Lifetime Activities (Boys and Girls)
Course Number:	
Grade Level(s):	Grades 11-12
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.

This class involves instruction and participation in lifetime activities and fitness activities including but not limited to badminton, pickleball, ping-pong, tennis, indoor tennis, bocce, capture the flag, castle ball, Olympic power walking, archery, wall climbing, bowling, golfing, hiking, biking, jogging, orienteering, group challenges, cooperative games and various others. Students will be instructed about various techniques within each activity to encourage lifetime participation in the aforementioned activities. Students will also be involved in the development of new activities by creating activities via a group setting.

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.

COURSE OUTLINE	Proposed Time	OBJECTIVES (PA standard)	RESOURCES
FALL SEMESTER	18 weeks		
Fitnessgram <ul style="list-style-type: none"> • Mile Run • Push-ups • Curl-ups • Shoulder Stretch <ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<i>2 classes</i>	10.3.12 Safety and Injury Prevention <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> 10.4.12 Physical Activity <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement 	Fitnessgram CD Mats Stop Watch
Racquet Sports - Tennis <ul style="list-style-type: none"> • Doubles/ Singles Tennis <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Game Play ○ Tennis Skills <ul style="list-style-type: none"> ▪ Serving ▪ Grip ▪ Forehand ▪ Backhand 	<i>1 class</i>	10.3.12 Safety and Injury Prevention <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> 10.4.12 Physical Activity <p>E. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>F. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social 	Racquets Tennis Balls Tennis Courts Heart Rate Monitors Fitdeck Cards

<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) • Tournament Play ○ Rule/Safety Explanations & Expectations ○ <u>Round Robin Tournament</u> Structure Explanation ○ 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 • King of the Court ○ Rule/Safety Explanations & Expectations ○ Game Explanation ○ 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 	<p style="text-align: center;"><i>3 classes</i></p> <p style="text-align: center;"><i>1 class</i></p>	<ul style="list-style-type: none"> • physiological • psychological <p>G. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>H. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>I. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>J. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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<ul style="list-style-type: none"> ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 			
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<p>Bocce</p> <ul style="list-style-type: none"> • Game Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Group Breakdown ○ Scoring Explanation ○ 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 • Tournament Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ <u>Round Robin Tournament</u> Structure Explanation ○ Group Breakdown 	<p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Bocce Balls</p> <p>Fitdeck Cards</p>
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<ul style="list-style-type: none"> ○ Scoring Explanation ○ 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 • Fitness Bocce ○ Rule/Safety Explanations & Expectations ○ Group 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 	<p><i>1 class</i></p>	<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>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 ○ Course Riding 	<p><i>5 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of</p>	<p>Bikes</p> <p>Helmets</p> <p>Heart Rate Monitors</p> <p>Fitdek Cards</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>the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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<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 • Team Relay <ul style="list-style-type: none"> ○ Road and Off Road Walking/ Jogging ○ Track Walking/ Jogging ○ 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 • Scavenger Hunt <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits 	<p><i>3 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills 	<p>Heart Rate Monitors</p> <p>Fitdeck Cards</p> <p>Track Usage</p>
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<ul style="list-style-type: none"> ▪ Target Heart Rate ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 		<ul style="list-style-type: none"> • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Orienteering</p> <ul style="list-style-type: none"> • 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 	<p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological </p> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> • injury </p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement </p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p>	<p>Heart Rate Monitors</p> <p>Compasses/ Smart Phone/ iPod</p> <p>Fitdeck Cards</p>

<ul style="list-style-type: none"> • Skill Practice (Optional) • <u>Round Robin Tournament Structure Explanation</u> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Doubles/ Singles 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 	<p><i>3 classes</i></p>	<ul style="list-style-type: none"> D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting 	
<ul style="list-style-type: none"> • King of the Court <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Doubles/ Singles 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 	<p><i>1 class</i></p>	<p>10.5.12 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	

<p>Cooperative Team Invasion/Fitness Games</p> <ul style="list-style-type: none"> • Planet Ball <ul style="list-style-type: none"> ○ Rules Explanation ○ Team Breakdown ○ General Game Play • Capture the Flag <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 <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 	<p><i>3 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills 	<p>Hula Hoops</p> <p>Foam balls</p> <p>Cones</p> <p>Heart Rate Monitors</p> <p>Fitdeck Cards</p>
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<ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate <ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 		<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Volleyball Tournament (optional)</p> <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team Breakdown ○ Round Robin Tournament Structure Explanation ○ 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) 	<p>5 classes</p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge 	<p>Nets</p> <p>Volleyballs</p>

		<ul style="list-style-type: none"> • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
SPRING SEMESTER	<i>18 weeks</i>		
Rock Wall <ul style="list-style-type: none"> • Climbing <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Team belaying ○ Knot tying ○ Time Challenge <ul style="list-style-type: none"> ▪ Advanced Wall ▪ Beginner Wall ○ Fitness Principle Integration 	<i>5 days</i>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological 	<p>Harnesses</p> <p>Ropes</p> <p>Helmets</p> <p>Carabineers</p> <p>Ladder</p> <p>Rockwall</p> <p>Stop Watch</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>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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<p>Indoor Racquet Sports</p> <p>Indoor Tennis/ Pickleball</p> <ul style="list-style-type: none"> • Double/ Singles Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Doubles/ Singles 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) • <u>Round Robin Tournament</u> Structure Explanation <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Doubles/ Singles 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 • King of the Court <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations 	<p><i>1 class</i></p> <p><i>3 classes</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological </p> <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> • injury </p> <p>D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement </p> <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting </p> <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory </p>	<p>Nets</p> <p>Racquets</p> <p>Paddles</p> <p>Balls</p> <p>Cones</p> <p>Floor markers</p> <p>Heart Rate Monitors</p> <p>Fitdeck Cards</p>
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<ul style="list-style-type: none"> ○ Doubles/ Singles 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 		<ul style="list-style-type: none"> • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
<p>Create-A-Team Game</p> <ul style="list-style-type: none"> • Game Creation Day <ul style="list-style-type: none"> ○ Create a Game Explanation ○ Group Breakdowns (4) ○ Group Work to Create Game • Create-A-Game Demonstrations <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations of Created Games ○ Team Breakdowns ○ 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>1 class</i></p> <p><i>4 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. <p>10.4.12 Physical Activity</p> <ul style="list-style-type: none"> A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. <ul style="list-style-type: none"> • injury D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. 	<p>Balls</p> <p>Hula Hoops</p> <p>Cones</p> <p>Nets</p> <p>Racquets</p> <p>Jump Ropes</p> <p>Heart Rate Monitors</p>

		<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>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>Fitness Principle Integration (All activities)</p> <ul style="list-style-type: none"> ▪ Benefits ▪ Target Heart Rate 	<p><i>1 class</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation 	<p>Corn Hole Boards</p> <p>Bean Bags</p> <p>Ladder Ball</p> <p>Horse Shoes</p> <p>Heart Rate Monitors</p> <p>Fitdeck Cards</p>

<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"> • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>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 ○ Course Riding <ul style="list-style-type: none"> ▪ Beginners Course ▪ Advanced Course 	<p><i>5 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury 	<p>Bikes</p> <p>Helmets</p> <p>Fitdeck cards</p> <p>Heart Rate Monitors</p>

<ul style="list-style-type: none"> ▪ Hill Riding ▪ Road and Off Road Riding ○ Biking Skills <ul style="list-style-type: none"> ▪ Gear shifting ▪ Breaking 		<ul style="list-style-type: none"> D. Evaluate factors that affect physical activity and exercise preferences of adults. <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
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<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 • Team Relay <ul style="list-style-type: none"> ○ Road and Off Road Walking/ Jogging ○ Track Walking/ Jogging ○ 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 • Scavenger Hunt <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Fitness Principle Integration <ul style="list-style-type: none"> ▪ Benefits 	<p><i>3 classes</i></p> <p><i>1 class</i></p> <p><i>1 class</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory 	<p>Track usage</p> <p>Heart Rate Monitors</p> <p>Fitdeck cards</p>
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<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 • Fitness Golf <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Group 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 	<p><i>1 class</i></p>	<p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
<p>Hiking</p> <ul style="list-style-type: none"> • Class Course <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 days</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury 	<p>Fitdeck Card</p> <p>Heart Rate Monitors</p>

		<p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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<p>Racquet Sports - Tennis</p> <ul style="list-style-type: none"> • Doubles/ Singles Tennis <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Game Play ○ Tennis Skills <ul style="list-style-type: none"> ▪ Serving ▪ Grip ▪ Forehand ▪ Backhand ○ 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) • Tournament Play <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ <u>Round Robin Tournament</u> Structure Explanation ○ 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>1 class</i></p> <p><i>3 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <p>D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.</p> <p>10.4.12 Physical Activity</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.</p> <ul style="list-style-type: none"> • social • physiological • psychological <p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory 	<p>Tennis Racquets</p> <p>Balls</p> <p>Heart Rate Monitors</p> <p>Fitdeck cards</p>
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<ul style="list-style-type: none"> ○ Group Breakdown ○ Game Structure Explanation ○ 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 • Fitness Disc Golf <ul style="list-style-type: none"> ○ Rule/Safety Explanations & Expectations ○ Group 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 	<p><i>1 class</i></p>	<ul style="list-style-type: none"> E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities. F. Assess and use strategies for enhancing adult group interaction in physical activities. <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <ul style="list-style-type: none"> A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills. <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance C. Evaluate the impact of practice strategies on skill development and improvement. G. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor). 	
<p>Fitnessgram</p> <ul style="list-style-type: none"> • Mile Run • Push-ups • Curl-ups • Shoulder Stretch <ul style="list-style-type: none"> ○ Warm-Ups (Daily) <ul style="list-style-type: none"> ▪ Cardio Exercise ▪ Strength & Endurance Exercise ▪ Flexibility Exercise 	<p><i>2 classes</i></p>	<p>10.3.12 Safety and Injury Prevention</p> <ul style="list-style-type: none"> D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. <p>10.4.12 Physical Activity</p> <ul style="list-style-type: none"> A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. <ul style="list-style-type: none"> • social • physiological • psychological 	<p>Fitnessgram CD</p> <p>Mats</p> <p>Stopwatch</p>

		<p>C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> • injury <p>D. Evaluate factors that affect physical activity and exercise preferences of adults.</p> <ul style="list-style-type: none"> • personal challenge • physical benefits • motivation • access to activity • self-improvement <p>E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.</p> <p>F. Assess and use strategies for enhancing adult group interaction in physical activities.</p> <ul style="list-style-type: none"> • shared responsibility • open communication • goal setting <p>10.5.12 Concepts, Principles and Strategies of Movement</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>B. Incorporate and synthesize knowledge of motor skill development concepts to improve the quality of motor skills.</p> <ul style="list-style-type: none"> • open and closed skills • short-term and long-term memory • aspects of good performance <p>C. Evaluate the impact of practice strategies on skill development and improvement.</p> <p>F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).</p>	
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