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 .25 credits Credits: Faculty Author(s): Bryan Vitali & Jamie Planitzer Spring 2014 Date:

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
FALL SEMESTER	18 WEEKS		
Fitnessgram	2 classes	10.3.9 Safety and Injury Prevention	CD
Mile RunPush-ups	1 class	 D. Analyze the role of individual responsibility for safety during organized group activities. 	Mats
Curl-upsShoulder Stretch	1 class	10.4.9 Physical Activity	Stopwatch
 Shoulder Stretch Cardio Exercise Strength & Endurance Exercise 		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	
 Flexibility Exercise 		 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.	
		10.5.9 Concepts, Principles and Strategies of Movement	
		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).	
Football & Mountain	5-6 classes	10.3.9 Safety and Injury Prevention	Footballs

Biking/Jogging			
Football		D. Analyze the role of individual responsibility for safety during organized group activities.	Pinnies
Ultimate Football	2-3 classes	10.4.9 Physical Activity	Heart Rate Monitors
 Rule/Safety Explanations & Expectations 		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Field Space/Gym
o Team Breakdown		 B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress 	Cones Boundary Lines
 Fitness Principle Integration 		management, disease prevention, and weight management).	Mountain Bikes
BenefitsTarget Heart Rate		C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)	Helmets
Warm-Ups (Daily)Cardio Exercise		D. Analyze factors that affect physical activity preferences of adolescents.	Running Trail
 Strength & Endurance 		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	
Exercise Flexibility Exercise		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	
• Skill Practice (Optional)		10.5.9 Concepts, Principles and Strategies of Movement	
• Round Robin Play		A. Describe and apply the components of skill-related fitness to movement Performance.	
Mountain Biking	2-3 classes	B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.	
 Rule/Safety Explanations & Expectations 		C. Identify and apply practice strategies for skill improvement.	
 Bike Checks o Fitness Principle 		D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.	
Integration Benefits Target Heart Rate 		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 			

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 Course Riding Beginners Course Advanced Course Hill Riding Road and Off Road Riding Biking Skills Gear shifting Breaking 			
Walking/ Jogging			
Individual Challenges o Beginners Course	2-3 classes		
o Advanced Course			
 Rule/Safety Explanations & Expectations 			
 Fitness Principle Integration Benefits Target Heart Rate 			
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 			
Soccer & Hiking	5-6 classes	10.3.9 Safety and Injury Prevention	Soccer Balls
Soccer		 Analyze the role of individual responsibility for safety during organized group activities. 	Pinnies
Small Sided Game Play Pula/Sofaty	1 class	10.4.9 Physical Activity	Heart Rate Monitors
 Rule/Safety Explanations & Expectations 		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Field Space/Gym
• Team Breakdown		B. Analyze the effects of regular participation in moderate to vigorous	Cones
		physical activities in relation to adolescent health improvement (stress	Boundary Lines

	0	Fitness Principle Integration			management, disease prevention, and weight management).	Soccer Goals
		Benefits		C.	Analyze factors that affect the responses of body systems during moderate	Soccer Cours
		 Target Heart Rate 			to vigorous physical activities (exercise, healthy fitness zone, individual	Hiking Trails
		-			fitness status)	-
	0	Warm-Ups (Daily) Cardio Exercise		D.	Analyze factors that affect physical activity preferences of adolescents.	
		 Strength & Endurance 		E.	Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	
		Exercise Flexibility Exercise		F.	Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	
	0	Skill Practice (Optional)		10.5.9 Conce	pts, Principles and Strategies of Movement	
	0	Round Robin Play		А.	Describe and apply the components of skill-related fitness to movement Performance.	
•	Larg O	ge Scale Game Play Rule/Safety	1 class	В.	Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.	
		Explanations & Expectations		C.	Identify and apply practice strategies for skill improvement.	
	0	Warm-Up		D.	Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.	
	0	Team Breakdown		_		
	0	Game Play		F.	Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
•	Wor o	Id Cup Game Rule/Safety Explanations & Expectations	1 class			
	0	Game Play				
	0	Team Breakdown				
	0	Game Play				
Hiki	ing					
•	Clas	ss Courses	2-3 classes			
	0	Rule/Safety Explanations &				

Expectations			
 Fitness Principle Integration Benefits Target Heart Rate 			
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 			
Tennis & Orienteering	5-6 classes	10.3.9 Safety and Injury Prevention	Tennis Rackets
Tennis		 Analyze the role of individual responsibility for safety during organized group activities. 	Tennis Balls
King of the Court & Leisure Play	1 class	10.4.9 Physical Activity	Tennis Courts
• Rule/Safety Explanations & Expectations		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Heart Rate Monitors Compasses
• Partner Breakdown		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).	Cell Phones
 "Racket Familiarity" Doubles Tennis 	2 classes	C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)	Orienteering Courses
 Rule/Safety Explanations & Expectations 		D. Analyze factors that affect physical activity preferences of adolescents.E. Analyze factors that impact on the relationship between regular	
• Partner Breakdown		participation in physical activity and motor skill improvement.	
 Fitness Principle Integration 		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	
BenefitsTarget Heart Rate		10.5.9 Concepts, Principles and Strategies of Movement	
• Warm-Ups (Daily)		A. Describe and apply the components of skill-related fitness to movement Performance.	
Cardio ExerciseStrength & Endurance		B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.	
Exercise		C. Identify and apply practice strategies for skill improvement.	

 Flexibility Exercise Skill Practice (Optional) 		 Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/set.
 Doubles Tennis Play 		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).
Orienteering	2-3 classes	
General Orienteering	1-2 classes	
 Rule/Safety Explanations & Expectations 		
 Fitness Principle Integration Benefits Target Heart Rate 		
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		
 Compass Skills How to read a compass 		
Fitness Orienteering	1-2 classes	
 Rule/Safety Explanations & Expectations 		
 Fitness Principle Integration Benefits Target Heart Rate 		
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance 		

Exercise			
 Flexibility 			
Exercise			
 Compass Skills 			
• How to read a			
compass			
Handball & Fitness Activity	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
(determined on a unit basis)	0 0103505	Totol Survey and Injury Trovencion	1 miles
(deter mined on a unit basis)		D. Analyze the role of individual responsibility for safety during	Heart Rate Monitors
II		organized group activities.	Heart Kate Monitors
Handball			F: 11.0 /0
		10.4.9 Physical Activity	Field Space/Gym
Team Handball	2-3 classes		
 Rule/Safety 		A. Engage in physical activities that are developmentally appropriate and	Cones
Explanations &		support achievement of personal fitness and activity goals.	
Expectations			Boundary Lines
I		B. Analyze the effects of regular participation in moderate to vigorous	-
• Team Breakdown		physical activities in relation to adolescent health improvement (stress	Goals
		management, disease prevention, and weight management).	Could
e Eitness Dringinle			Balls
• Fitness Principle		C. Analyze factors that affect the responses of body systems during moderate	Dans
Integration		to vigorous physical activities (exercise, healthy fitness zone, individual	WILLED
 Benefits 		fitness status)	Weight Room
 Target Heart Rate 			
		D. Analyze factors that affect physical activity preferences of adolescents.	Fitness Center
 Warm-Ups (Daily) 			
 Cardio Exercise 		E. Analyze factors that impact on the relationship between regular	Fit Deck Cards
 Strength & 		participation in physical activity and motor skill improvement.	
Endurance			Fitness DVD's
Exercise		F. Analyze the effects of positive and negative interactions of adolescent	
 Flexibility 		group members in physical activities.	DVD Player
Exercise		10.5.0 Concents Dringinles and Strategies of Maxament	
LACICISC		10.5.9 Concepts, Principles and Strategies of Movement	
• Skill Practice (Optional)		A. Describe and apply the components of skill-related fitness to movement	
5 Skill Flactice (Optional)		Performance.	
a Dound Dahir Dian		i errormance.	
• Round Robin Play		B. Describe and apply concepts of motor skill development that impact the	
	0.1.1	quality of increasingly complex movement.	
ShootOut Competition &	0-1 class	quarty of moreasingly complex morement.	
Best Trick Shot (optional)		C. Identify and apply practice strategies for skill improvement.	
• Competition			
Explanations		D. Identify and describe the principles of training using appropriate	
_		vocabulary including specificity, overload, progression, aerobic /	
• Safety Expectations		anaerobic, circuit / interval, repetition/set.	
Fitness Activities	3 classes	F. Analyze the application of game strategies of physical activities (individual,	
• Cardio		team, lifetime, outdoor).	
0 Calulo		1	

• Muscular Strength			
 Muscular Endurance 			
 Flexibility 			
 Fitness Principle 			
Integration			
•			
 Benefits 			
 Target Heart Rate 			
 F.I.T.T 			
Speedball & Fitness Activity	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
(determined on a unit basis)			
(deter hilled on a unit busis)		D. Analyze the role of individual responsibility for safety during	Heart Rate Monitors
Course the H		organized group activities.	ficart Rate Wollitors
Speedball		6 6 . I	
		10.4.9 Physical Activity	Field Space/Gym
Team Speedball	3 classes		
• Rule/Safety		A. Engage in physical activities that are developmentally appropriate and	Cones
Explanations &		support achievement of personal fitness and activity goals.	
Expectations		support demovement of personal ruless and detivity goals.	Boundary Lines
Expectations		B. Analyze the effects of regular participation in moderate to vigorous	Doundary Ellies
		physical activities in relation to adolescent health improvement (stress	
 Team Breakdown 			Balls
		management, disease prevention, and weight management).	
 Fitness Principle 			Goals
Integration		C. Analyze factors that affect the responses of body systems during moderate	
 Benefits 		to vigorous physical activities (exercise, healthy fitness zone, individual	Weight Room
		fitness status)	Weight Room
 Target Heart Rate 			
		D. Analyze factors that affect physical activity preferences of adolescents.	Fitness Center
 Warm-Ups (Daily) 			
 Cardio Exercise 		E. Analyze factors that impact on the relationship between regular	Fit Deck Cards
 Strength & 		participation in physical activity and motor skill improvement.	
Endurance			Fitness DVD's
		F. Analyze the effects of positive and negative interactions of adolescent	
Exercise		group members in physical activities.	
 Flexibility 			DVD Player
Exercise		10.5.9 Concepts, Principles and Strategies of Movement	
• Skill Practice (Optional)		A. Describe and apply the components of skill-related fitness to movement	
		Performance.	
• Round Robin Play			
		B. Describe and apply concepts of motor skill development that impact the	
		quality of increasingly complex movement.	
Additional sports will be		1 ···· · · · · · · · · · · · · · · · ·	
integrated each class period to		C. Identify and apply practice strategies for skill improvement.	
advance game play, advance		2. Identify and appropriate strategies for skin improvement.	
strategies, and advance fitness		D. Identify and describe the principles of training using appropriate	
levels. Speedball will start with 2		vocabulary including specificity, overload, progression, aerobic /	
sports, then will be combined to		anaerobic, circuit / interval, repetition/s	
		anacione, encunt / interval, repetition/s	
include as many as 5 sports in one			

game.		F. Analyze the application of game strategies of physical activities (individual,	
<u></u>		team, lifetime, outdoor).	
 Football, Soccer, Basketball, Handball, 			
Rugby, Volleyball, etc.			
Fitness Activities	3 classes		
CardioMuscular Strength			
 Muscular Strength Muscular Endurance 			
o Flexibility			
• Fitness Principle			
Integration Benefits			
 Target Heart Rate 			
• F.I.T.T			
Volleyball & Fitness Activity	9 classes	10.3.9 Safety and Injury Prevention	Heart Rate Monitors
(determined on a unit basis)		D. Analyze the role of individual responsibility for safety during	Field Space/Gym
Volleyball		organized group activities.	Tield Space Sym
		10.4.9 Physical Activity	Boundary Lines
Volleyball Tournament ORule/Safety	5 classes		Nets
• Rule/Safety Explanations &		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Tiers .
Expectations			Volleyballs
		B. Analyze the effects of regular participation in moderate to vigorous	
• Team Breakdown		physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).	Weight Room
• Fitness Principle		C. Analyze factors that affect the responses of body systems during moderate	Fitness Center
Integration		to vigorous physical activities (exercise, healthy fitness zone, individual	
BenefitsTarget Heart Rate		fitness status)	Fit Deck Cards
		D. Analyze factors that affect physical activity preferences of adolescents.	Fitness DVD's
• Warm-Ups (Daily)		E. Analyze factors that impact on the relationship between regular	
Cardio ExerciseStrength &		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	DVD Player
Endurance			
Exercise		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	
 Flexibility 			
Exercise		10.5.9 Concepts, Principles and Strategies of Movement	
• Skill Practice & Team		A. Describe and apply the components of skill-related fitness to movement	
Practice Day		Performance.	

• <u>Round Robin</u> Tournament Play		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.	
 <u>Single Elimination</u> <u>Tournament Play</u> 		D. Identify and describe the principles of training using appropriate	
Fitness Activities	4 classes	vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s	
o Cardio			
 Muscular Strength Muscular Endurance 		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
 Flexibility 			
• Fitness Principle			
Integration Benefits			
Target Heart RateF.I.T.T.			
Cooperative Team Invasion	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
Games & Fitness Activity (determined on a unit basis)		 Analyze the role of individual responsibility for safety during organized group activities. 	Heart Rate Monitors
Cooperative Team Games		10.4.9 Physical Activity	Field Space/Gym
• Planet Ball • Rules Explanation	1 class	A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Cones
• Team Breakdown		B. Analyze the effects of regular participation in moderate to vigorous	Boundary Lines
 Team Breakdown General Game Play 		physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).	Various Balls
Scheral Same Flay		C. Analyze factors that affect the responses of body systems during moderate	Hula Hoops
• 4 Corner Capture • Rules Explanation	1 class	to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)	Pins
• Team Breakdown		D. Analyze factors that affect physical activity preferences of adolescents.	Weight Room
• General Game Play		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	Fitness Center
Red Rocket Ball	1 class	F. Analyze the effects of positive and negative interactions of adolescent	Fit Deck Cards
• Rules Explanation		group members in physical activities.	Fitness DVD's
• Team Breakdown		10.5.9 Concepts, Principles and Strategies of Movement	DVD Player
• General Game Play		A. Describe and apply the components of skill-related fitness to movement Performance.	
Fitness Principle Integration (All			

activities) Benefits Target Heart Rate Warm-Ups (Daily) (All activities) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise		 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). 	
Fitness Activities Cardio Muscular Strength Muscular Endurance Flexibility Fitness Principle Integration Benefits Target Heart Rate F.I.T.T.	3 classes		
SPRING SEMESTER	<u>18 WEEKS</u>		
Indoor Racket Sports - Indoor Tennis, Pickleball, Ping-Pong, Ultimate Ping-Pong & Fitness Activity (determined on a unit basis)	6 classes	 10.3.9 Safety and Injury Prevention D. Analyze the role of individual responsibility for safety during organized group activities. 10.4.9 Physical Activity 	Racquets Paddles Nets
Indoor Racket Sports King of the Court, 4 square & Leisure Play Rule/Safety Explanations & Expectations Partner Breakdown "Racket Familiarity" 	1 class	 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 	Tables Various Balls Heart Rate Monitors Field Space/Gym Cones Boundary Lines Weight Room
 Doubles Tennis, Pickleball, Ping-Pong, 	2 classes	participation in physical activity and motor skill improvement.	Fitness Center

Ultimate Ping-Pong		F. Analyze the effects of positive and negative interactions of adolescent	Fit Deck Cards
		group members in physical activities.	
 Partner Breakdown 			Fitness DVD's
		10.5.9 Concepts, Principles and Strategies of Movement	
 Fitness Principle 		A. Describe and apply the components of skill-related fitness to movement	DVD Player
Integration		Performance.	
 Benefits 		i chomanee.	
 Target Heart Rate 		B. Describe and apply concepts of motor skill development that impact the	
6		quality of increasingly complex movement.	
• Warm-Ups (Daily)			
 Cardio Exercise 		C. Identify and apply practice strategies for skill improvement.	
 Strength & 			
Endurance		D. Identify and describe the principles of training using appropriate	
Exercise		vocabulary including specificity, overload, progression, aerobic /	
Flexibility		anaerobic, circuit / interval, repetition/s	
Exercise			
Exercise		F. Analyze the application of game strategies of physical activities (individual,	
Shill Prosting (Ontingal)		team, lifetime, outdoor).	
• Skill Practice (Optional)			
Later Die			
• Leisure Play			
	2 1		
Fitness Activities	3 classes		
• Cardio			
• Muscular Strength			
 Muscular Endurance 			
 Flexibility 			
 Fitness Principle 			
Integration			
 Benefits 			
 Target Heart Rate 			
• F.I.T.T.			
Team Foot-Eye Coordination	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
Games & Fitness Activity			
(determined on a unit basis)		D. Analyze the role of individual responsibility for safety during	Heart Rate Monitors
		organized group activities.	
Team Foot-Eye Games		10.4.0 Dhuring Anti-iter	Field Space/Gym
		10.4.9 Physical Activity	
Wall Soccer	1 class	A. Engage in physical activities that are developmentally appropriate and	Cones
• Rule/Safety Explanations		support achievement of personal fitness and activity goals.	Boundary Lines
& Expectations		support while tement of personal functor and werting gould.	
		B. Analyze the effects of regular participation in moderate to vigorous	Goals
○ Team Breakdown		physical activities in relation to adolescent health improvement (stress	
		management, disease prevention, and weight management).	Various Balls
• Fitness Principle			
		C. Analyze factors that affect the responses of body systems during moderate	

· · · · · · · · · · · · · · · · · · ·		, , , , , , , , , , , , , , , , , , , 	
Integration		to vigorous physical activities (exercise, healthy fitness zone, individual	Mats
 Benefits 		fitness status)	
 Target Heart Rate 		D. Analyze factors that affect physical activity preferences of adolescents.	Bases
Warm-Ups (Daily)Cardio Exercise		E. Analyze factors that impact on the relationship between regular	Weight Room
 Strength & 		participation in physical activity and motor skill improvement.	Fitness Center
Endurance Exercise		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	Fit Deck Cards
 Flexibility Exercise 		10.5.9 Concepts, Principles and Strategies of Movement	Fitness DVD's
o Game Play		A. Describe and apply the components of skill-related fitness to movement Performance.	DVD Player
Matball ORule/Safety Explanations Security Se	1 class	B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.	
& Expectations		C. Identify and apply practice strategies for skill improvement.	
 Team Breakdown 		D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic /	
 General Game Play 		anaerobic, circuit / interval, repetition/s	
• Crazy Kickball • Rule/Safety Explanations & Expectations	1 class	F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
o Team Breakdown			
o General Game Play			
Fitness Activities • Cardio • Muscular Strength • Muscular Endurance • Flexibility	3 classes		
 Fitness Principle Integration Benefits 			
Target Heart RateF.I.T.T.			
Basketball & Fitness Activity	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
(determined on a unit basis)			
Basketball		D. Analyze the role of individual responsibility for safety during organized group activities.	Heart Rate Monitors

			10.4.9 Physical Activity	Field Space/Gym
• Bask	xetball Tournament Rule/Safety Explanations & Expectations	3 classes	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	Cones Boundary Lines
0	Fitness Principle Integration		physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).	Basketballs
	BenefitsTarget Heart Rate		C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual	Weight Room
0	Warm-Ups (Daily)		fitness status)	Fitness Center
	 Cardio Exercise Strongth & 		D. Analyze factors that affect physical activity preferences of adolescents.	Fit Deck Cards
	 Strength & Endurance Exercise 		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	Fitness DVD's
	 Flexibility Exercise 		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	DVD Player
0	Skill Practice (Optional)		10.5.9 Concepts, Principles and Strategies of Movement	
0	Round Robin Tournament with Single		A. Describe and apply the components of skill-related fitness to movement Performance.	
	Elimination		B. Describe and apply concepts of motor skill development that impact the quality of increasingly complex movement.	
Fitness A	ctivities Cardio	3 classes	C. Identify and apply practice strategies for skill improvement.	
0 0 0	Muscular Strength Muscular Endurance Flexibility		D. Identify and describe the principles of training using appropriate vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s	
0	Fitness Principle Integration Benefits Target Heart Rate F.I.T.T.		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
	z Fitness Activity red on a unit basis)	6 classes	10.3.9 Safety and Injury Prevention	Pinnies
Hockey			D. Analyze the role of individual responsibility for safety during organized group activities.	Heart Rate Monitors Field Space/Gym
	ckey Tournament	2-3 classes	10.4.9 Physical Activity	Cones
0 R	Rule/Safety Explanations & Expectations		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Boundary Lines

 Team Breakdown 		B. Analyze the effects of regular participation in moderate to vigorous	Pads
		physical activities in relation to adolescent health improvement (stress	
 Fitness Principle 		management, disease prevention, and weight management).	Hockey Sticks
Integration		C. Analyze factors that affect the responses of body systems during moderate	
 Benefits 		to vigorous physical activities (exercise, healthy fitness zone, individual	Hockey Balls
 Target Heart Rate 		fitness status)	
			Goalie Equipment
• Warm-Ups (Daily)		D. Analyze factors that affect physical activity preferences of adolescents.	
 Cardio Exercise 			Weight Room
• Strength &		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	
Endurance		participation in physical activity and motor skill improvement.	Fitness Center
Exercise		F. Analyze the effects of positive and negative interactions of adolescent	
 Flexibility 		group members in physical activities.	Fit Deck Cards
Exercise			
Sl-ill Prosting (Ontional)		10.5.9 Concepts, Principles and Strategies of Movement	Fitness DVD's
• Skill Practice (Optional)			DVD Player
a Dound Dahin Dlay		 Describe and apply the components of skill-related fitness to movement Performance. 	DVD Player
• Round Robin Play		i chomanee.	
Skills Competition	0-1 class	B. Describe and apply concepts of motor skill development that impact the	
 Skills Competition (optional) 	0-1 Cluss	quality of increasingly complex movement.	
\circ Hardest Shot			
o Hurdest Shot		C. Identify and apply practice strategies for skill improvement.	
\circ Shootout		D. Identify and describe the principles of training using appropriate	
		vocabulary including specificity, overload, progression, aerobic /	
 Shot Accuracy 		anaerobic, circuit / interval, repetition/s	
5			
Fitness Activities	3 classes	F. Analyze the application of game strategies of physical activities (individual,	
○ Cardio		team, lifetime, outdoor).	
 Muscular Strength 			
 Muscular Endurance 			
 Flexibility 			
 Fitness Principle 			
Integration			
 Benefits 			
 Target Heart Rate 			
• F.I.T.T.			D 1 W 11
Rock Wall & Leisure/Lawn	6-8 classes	10.3.9 Safety and Injury Prevention	Rock Wall
Games & Fitness Activity (determined on a unit basis)		D. Analyze the role of individual responsibility for safety during	Carabineers
(uetermined on a unit basis)		organized group activities.	Harnesses
RockWall	3-4 classes		1141103505
\circ Rule/Safety Explanations	$J \neq CHUSSES$	10.4.9 Physical Activity	Ropes
& Expectations		A Encorp in physical activities that any developmentally any set of	Topos
et E.pooutions		A. Engage in physical activities that are developmentally appropriate and	

		support achievement of personal fitness and activity goals.	Helmets
Team BelayKnot Tying		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).	Rock Ladders Lawn Darts
 Fitness Principle Integration Benefits Target Heart Rate 		C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual fitness status)	Horse Shoes Ladder Structures
		D. Analyze factors that affect physical activity preferences of adolescents.	
 Warm-Ups (Daily) Cardio Exercise Strength & 		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	
Endurance Exercise Flexibility		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	
Exercise		10.5.9 Concepts, Principles and Strategies of Movement	
 Time Challenge Advanced Wall Beginner Wall 		A. Describe and apply the components of skill-related fitness to movement Performance.	
Leisure/Lawn Games	3-4 classes	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.	
Corn Hole O Rules Explanation		D. Identify and describe the principles of training using appropriate	
• Team Breakdown		vocabulary including specificity, overload, progression, aerobic / anaerobic, circuit / interval, repetition/s	
○ General Game Play		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
• Ladder Ball • Rules Explanation			
o Team Breakdown			
○ General Game Play			
• Horse Shoes • Rules Explanation			
o Team Breakdown			
○ General Game Play			

Fitness Principle Integration (All			
activities) Benefits			
BenefitsTarget Heart Rate			
Warm-Ups (Daily) (All activities)			
 Cardio Exercise 			
• Strength &			
Endurance Exercise			
 Flexibility 			
Exercise			
Fitness Activities	3-4 classes		
CardioMuscular Strength			
 Muscular Strength Muscular Endurance 			
o Flexibility			
• Fitness Principle			
Integration Benefits			
 Denents Target Heart Rate 			
• F.I.T.T.			
Frisbee & Mountain	5-6 classes	10.3.9 Safety and Injury Prevention	Pinnies
Biking/Jogging		D. Analyze the role of individual responsibility for safety during	Heart Rate Monitors
Frisbee		organized group activities.	neart Kate Monitors
		10.4.0 Dhysical Activity	Field Space/Gym
Frisbee Skills Practice	1 class	10.4.9 Physical Activity	
• Backhand Throw		A. Engage in physical activities that are developmentally appropriate and	Cones
E E E E E E E E E E E E E E E E E E E		support achievement of personal fitness and activity goals.	
• Forehand Throw			Boundary Lines
		B. Analyze the effects of regular participation in moderate to vigorous	Boundary Lines
 Sandwich Catch 		 B. Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement (stress 	Boundary Lines Frisbees
• Sandwich Catch			Frisbees
Sandwich CatchC Catch		physical activities in relation to adolescent health improvement (stress management, disease prevention, and weight management).	
• C Catch	2 alassas	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	Frisbees Boundary Lines
	2 classes	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	Frisbees Boundary Lines Mountain Bikes
C CatchUltimate Frisbee	2 classes	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)	Frisbees Boundary Lines
 C Catch Ultimate Frisbee Rule/Safety Explanations & 	2 classes	 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. 	Frisbees Boundary Lines Mountain Bikes
 C Catch Ultimate Frisbee Rule/Safety 	2 classes	 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 	Frisbees Boundary Lines Mountain Bikes Helmets
 C Catch Ultimate Frisbee Rule/Safety Explanations & 	2 classes	 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. 	Frisbees Boundary Lines Mountain Bikes Helmets

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	Integration		group members in physical activities.	
	 Benefits 		10.5.0 Concerts Driveirles and Strategies of Menament	
	 Target Heart Rate 		10.5.9 Concepts, Principles and Strategies of Movement	
	Warm Ling (Daily)		A. Describe and apply the components of skill-related fitness to movement	
0	Warm-Ups (Daily) Cardio Exercise		Performance.	
	 Cardio Exercise Strength & 			
	Endurance		B. Describe and apply concepts of motor skill development that impact the	
	Exercise		quality of increasingly complex movement.	
	 Flexibility 		C. Identify and apply practice strategies for skill improvement.	
	Exercise		••••••••••••••••••••••••••••••••••••••	
			D. Identify and describe the principles of training using appropriate	
0	Small Sided Game Play		vocabulary including specificity, overload, progression, aerobic /	
	5		anaerobic, circuit / interval, repetition/s	
Mountai	n Biking	3 classes	F. Analyze the application of game strategies of physical activities (individual,	
0	Rule/Safety		team, lifetime, outdoor).	
	Explanations &			
	Expectations			
	 Bike Checks 			
0	Fitness Principle Integration			
	 Benefits 			
	 Target Heart Rate 			
	Target Heart Rate			
0	Warm-Ups (Daily)			
	 Cardio Exercise 			
	 Strength & 			
	Endurance			
	Exercise			
	 Flexibility 			
	Exercise			
	Course Diding			
0	Course Riding Beginners Course			
	 Beginners Course Advanced Course 			
	 Hill Riding 			
	 Road and Off 			
	Road Riding			
0	Biking Skills			
	 Gear shifting 			
	 Breaking 			
Walking/	Jogging			

			1
Individual Challenges o Beginners Course	3 classes		
• Advanced Course			
 Rule/Safety Explanations & Expectations 			
 Fitness Principle Integration Benefits Target Heart Rate 			
 Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 			
Lacrosse & Hiking	5-6 classes	10.3.9 Safety and Injury Prevention	Pinnies
Lacrosse		 Analyze the role of individual responsibility for safety during organized group activities. 	Heart Rate Monitors
• Lacrosse Skills Practice • Underhand Throw	1 class	10.4.9 Physical Activity	Field Space/Gym
• Overhand Throw		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	Cones Boundary Lines
• Catching		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).	Lacrosse Sticks
ScoopingCradling		 C. Analyze factors that affect the responses of body systems during moderate to vigorous physical activities (exercise, healthy fitness zone, individual 	Lacrosse Balls
• Ultimate Frisbee	2 classes	fitness status)	Goalie Pads
	_ = = = = = = = = = = = = = = = = = = =	D. Analyze factors that affect physical activity preferences of adolescents.	Lacrosse Nets
 Rule/Safety Explanations & Expectations 		E. Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement.	Hiking Trails
o Team Breakdown		F. Analyze the effects of positive and negative interactions of adolescent group members in physical activities.	

	 Fitness Principle 		10.5.9 Concepts, Principles and Strategies of Movement	
	Integration			
	 Benefits 		A. Describe and apply the components of skill-related fitness to movement	
	 Target Heart Rate 		Performance.	
	6			
	• Warm-Ups (Daily)		B. Describe and apply concepts of motor skill development that impact the	
	 Warm-Ups (Daily) Cardio Exercise 		quality of increasingly complex movement.	
	 Strength & 		C. Identify and apply practice strategies for skill improvement.	
	Endurance			
	Exercise		D. Identify and describe the principles of training using appropriate	
	 Flexibility 		vocabulary including specificity, overload, progression, aerobic /	
	Exercise		anaerobic, circuit / interval, repetition/s	
	Excluse			
	• Small sided game play		F. Analyze the application of game strategies of physical activities (individual, team, lifetime, outdoor).	
U :1-1	~			
Hikin	g			
		a a t		
• (Class Courses	2-3 classes		
	• Rule/Safety			
	Explanations &			
	Expectations			
	Expectations			
	- Eitnaga Dringinla			
	• Fitness Principle			
	Integration			
	 Benefits 			
	 Target Heart Rate 			
	C			
	• Warm-Ups (Daily)			
	 Cardio Exercise 			
	 Strength & 			
	Endurance			
	Exercise			
• 1	Flexibility Exercise			
Sand	Volleyball & Orienteering	5-6 classes	10.3.9 Safety and Injury Prevention	Heart Rate Monitors
	· · · · · · · · · · · · · · · · · · ·			
Sand	Volleyball		D. Analyze the role of individual responsibility for safety during	Sand Volleyball Courts
Sanu	Voneyban		organized group activities.	Sand Voneyban Courts
		2 1		Density Line
•	Volleyball Tournament	3 classes	10.4.9 Physical Activity	Boundary Lines
	o Rule/Safety			
	Explanations &		A. Engage in physical activities that are developmentally appropriate and	Volleyballs
	Expectations		support achievement of personal fitness and activity goals.	
	L ·			Orienteering Courses
	• Team Breakdown		B. Analyze the effects of regular participation in moderate to vigorous	
	• Ieam Breakdown		physical activities in relation to adolescent health improvement (stress	Compassos
			physical activities in relation to adorescent neurin improvement (stress	Compasses

					· · · · · · · · · · · · · · · · · · ·
	 Fitness Principle 			management, disease prevention, and weight management).	
	Integration				Cell Phones
	 Benefits 		С.	Analyze factors that affect the responses of body systems during moderate	
	 Target Heart Rate 			to vigorous physical activities (exercise, healthy fitness zone, individual	
	- Target Healt Kale			fitness status)	
	 Warm-Ups (Daily) 		D.	Analyze factors that affect physical activity preferences of adolescents.	
	 Cardio Exercise 		D.	Thatyze factors that affect physical activity preferences of adorescents.	
	 Strength & 		F	Analyze factors that impact on the relationship between regular	
			L.	participation in physical activity and motor skill improvement.	
	Endurance			participation in physical activity and motor skin improvement.	
	Exercise				
	 Flexibility 		F.	Analyze the effects of positive and negative interactions of adolescent	
	Exercise			group members in physical activities.	
	Lixerense				
			10.5.9 Concep	ots, Principles and Strategies of Movement	
	 <u>Round Robin</u> 		-		
	Tournament Play with		А.	Describe and apply the components of skill-related fitness to movement	
	Single Elimination			Performance.	
				i chomanee.	
Orio	ntooning	2-3 classes	P	Describe and apply concepts of motor skill development that impact the	
Orie	nteering	2-5 classes			
				quality of increasingly complex movement.	
•	Orienteering	1-2 classes			
	8		C.	Identify and apply practice strategies for skill improvement.	
	 Rule/Safety Explanations 				
			D.	Identify and describe the principles of training using appropriate	
	& Expectations			vocabulary including specificity, overload, progression, aerobic /	
				anaerobic, circuit / interval, repetition/s	
	 Fitness Principle 				
	Integration		F.	Analyze the application of game strategies of physical activities (individual,	
				team, lifetime, outdoor).	
	 Benefits 			team, menne, outdoor).	
	 Target Heart Rate 				
	○ Warm-Ups (Daily)				
	 Cardio Exercise 				
	 Strength & 				
	Endurance				
	Exercise				
	Flexibility				
	•				
1	Exercise				
	 Compass Skills 				
	• How to read a				
	compass				
	compass				
		101			
•	Fitness Orienteering	1-2 classes			
	 Rule/Safety Explanations 				
	& Expectations				
L			1		I

 Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 			
 Compass Skills How to read a 			
compass			
Softball & Team Obstacle	2 classes	10.3.9 Safety and Injury Prevention	Heart Rate Monitors
Course (if time allows)			
		D. Analyze the role of individual responsibility for safety during	Field Space/Gym
Softball Leisure Game	1 class	organized group activities.	
Play			Cones
		10.4.9 Physical Activity	
Outside Obstacle Course	1 class		Softballs
	1 cluss	A. Engage in physical activities that are developmentally appropriate and	Solibalis
Completion		support achievement of personal fitness and activity goals.	
			Softball Gloves
		B. Analyze the effects of regular participation in moderate to vigorous	
		physical activities in relation to adolescent health improvement (stress	Softball Bats
		management, disease prevention, and weight management).	
			Boundary Lines
		C. Analyze factors that affect the responses of body systems during moderate	Doundary Ellies
		to vigorous physical activities (exercise, healthy fitness zone, individual	Mats
		fitness status)	Iviais
		D. Analyze factors that affect physical activity preferences of adolescents.	Hula Hoops
		E. Analyze factors that impact on the relationship between regular	Jump Ropes
		participation in physical activity and motor skill improvement.	
		F. Analyze the effects of positive and negative interactions of adolescent	
		group members in physical activities.	
		10.5.9 Concepts, Principles and Strategies of Movement	
		A. Describe and apply the components of skill-related fitness to movement	
		Performance.	
		i cironnance.	
	1	1	

		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).	
Fitnessgram	2 classes	10.3.9 Safety and Injury Prevention	CD
Mile RunPush-ups	1 class	D. Analyze the role of individual responsibility for safety during organized group activities.	Stopwatch
Curl-ups Shoulder Stretch	1 class	10.4.9 Physical Activity	Mats
Cardio ExerciseStrength &		A. Engage in physical activities that are developmentally appropriate and support achievement of personal fitness and activity goals.	
Endurance ExerciseFlexibility Exercise		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.	
		10.5.9 Concepts, Principles and Strategies of Movement	
		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).	