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 .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.

This class involves instruction and participation in lifetime activities and fitness activities including but not limited to badminton, pickleball, pingpong, 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	2 classes	10.3.12 Safety and Injury Prevention	Fitnessgram CD
 Mile Run Push-ups 		D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	Mats Stop Watch
 Curl-ups Shoulder Stretch Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		 10.4.12 Physical Activity 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. 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. injury D. Evaluate factors that affect physical activity and exercise preferences 	
Racquet Sports - Tennis		 b. Evaluate factors that affect physical activity and exercise preferences of adults. personal challenge physical benefits motivation access to activity self-improvement 	
Racquet Sports - Tennis		10.3.12 Safety and Injury Prevention	Racquets
Doubles/ Singles Tennis	1 class	D. Evaluate the benefits, risks and safety factors associated with self-	Tennis Balls
 Rule/Safety Explanations & Expectations 		selected life-long physical activities.	Tennis Courts
• Game Play		10.4.12 Physical Activity	Heart Rate Monitors
 Tennis Skills Serving Grip Forehand Backhand 		 E. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation. F. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social 	Fitdeck Cards

		 physiological 	
 Fitness Principle Integration 		 psychological 	
 Benefits 			
 Target Heart Rate 		G. Evaluate how changes in adult health status may affect the responses of	
C		the body systems during moderate to vigorous physical activity.	
○ Warm-Ups (Daily)		• injury	
 Cardio Exercise 		injur y	
		II Evaluate factors that offect physical activity and evening professores	
 Strength & Endurance 		H. Evaluate factors that affect physical activity and exercise preferences	
Exercise		of adults.	
 Flexibility Exercise 		personal challenge	
		 physical benefits 	
 Skill Practice (Optional) 		motivation	
		• access to activity	
Tournament Play	3 classes	• self-improvement	
		I. Analyze the interrelationships among regular participation in physical	
 Rule/Safety Explanations & 		activity, motor skill improvement and the selection and engagement in	
Expectations		lifetime physical activities.	
Expectations		meanic physical activities.	
David Dakin T		I Assess and use strategies for enhancing adult group interaction in	
• <u>Round Robin Tournament</u>		J. Assess and use strategies for enhancing adult group interaction in	
Structure Explanation		physical activities.	
		 shared responsibility 	
 Fitness Principle Integration 		 open communication 	
 Benefits 		• goal setting	
 Target Heart Rate 			
C	10.	5.12 Concepts, Principles and Strategies of Movement	
\circ Warm-Ups (Daily)			
 Cardio Exercise 		A. Apply knowledge of movement skills, skill-related fitness and movement	
Strength & Endurance		concepts to identify and evaluate physical activities that promote personal	
Exercise		lifelong participation.	
 Flexibility Exercise 		B. Incorporate and synthesize knowledge of motor skill development	
		concepts to improve the quality of motor skills.	
King of the Court	1 class	• open and closed skills	
 Rule/Safety Explanations & 		 short-term and long-term memory 	
Expectations		 aspects of good performance 	
-		C. Evaluate the impact of practice strategies on skill development and	
\circ Game Explanation		improvement.	
r			
• Partner Breakdown		F. Analyze the application of game strategies of physical activities	
0 I artifer Dreakdown		(individual, team, lifetime, outdoor).	
- Fitness Dringinla Internetian			
\circ Fitness Principle Integration			
 Benefits 			
 Target Heart Rate 			
\circ Warm-Ups (Daily)			
 Cardio Exercise 	1		

 Strength & Endurance Exercise Flexibility Exercise 			
Bocce		10.3.12 Safety and Injury Prevention	Bocce Balls
 Game Play Rule/Safety Explanations & Expectations Group Breakdown Scoring Explanation Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 	1 class	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 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. 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. injury D. Evaluate factors that affect physical activity and exercise preferences 	Fitdeck Cards
 Tournament Play Rule/Safety Explanations & Expectations <u>Round Robin Tournament</u> Structure Explanation Group Breakdown 	1 class	 D. Evaluate factors that affect physical activity and excretise preferences of adults. 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. 	

	1		
 Scoring Explanation 		F. Assess and use strategies for enhancing adult group interaction in	
		physical activities.	
 Fitness Principle Integration 		 shared responsibility 	
 Benefits 		open communication	
 Target Heart Rate 		• goal setting	
6			
\circ Warm-Ups (Daily)		10.5.12 Concepts, Principles and Strategies of Movement	
 Cardio Exercise 			
Strength & Endurance		A. Apply knowledge of movement skills, skill-related fitness and movement	
Exercise		concepts to identify and evaluate physical activities that promote personal	
Flexibility Exercise		lifelong participation.	
- Flexibility Exercise			
	1 1	B. Incorporate and synthesize knowledge of motor skill development	
Fitness Bocce	1 class	concepts to improve the quality of motor skills.	
		• open and closed skills	
 Rule/Safety Explanations & 		short-term and long-term memory	
Expectations		 aspects of good performance 	
		C. Evaluate the impact of practice strategies on skill development and	
 Group Breakdown 		improvement.	
-			
• Fitness Principle Integration		F. Analyze the application of game strategies of physical activities	
 Benefits 		(individual, team, lifetime, outdoor).	
 Target Heart Rate 			
Target Heart Rate			
\circ Warm-Ups (Daily)			
 Warn-Ops (Daily) Cardio Exercise 			
 Strength & Endurance 			
Exercise			
Flexibility Exercise			
Biking	5 classes	10.3.12 Safety and Injury Prevention	Bikes
			Helmets
• Rule/Safety Explanations &		D. Evaluate the benefits, risks and safety factors associated with self-	Tiennets
Expectations		selected life-long physical activities.	Heart Rate Monitors
 Bike Checks 			Teart Nate Monitors
		10.4.12 Physical Activity	Fitdek Cards
 Fitness Principle Integration 			
 Benefits 		A. Evaluate and engage in an individualized physical activity plan that	
 Target Heart Rate 		supports achievement of personal fitness and activity goals and	
5		promotes life-long participation.	
\circ Warm-Ups (Daily)		B. Analyze the effects of regular participation in a self-selected program	
 Cardio Exercise 		of moderate to vigorous physical activities.	
 Strength & Endurance 		• social	
Exercise		• physiological	
 Flexibility Exercise 		psychological	
o Course Pidina		C Evaluate how abanges in adult health status may affect the second of	
 Course Riding 		C. Evaluate how changes in adult health status may affect the responses of	

 Beginners Course 	the body systems during moderate to vigorous physical activity.	
 Advanced Course 	• injury	
 Hill Riding 		
 Road and Off Road 	D. Evaluate factors that affect physical activity and exercise preferences	
Riding	of adults.	
8	• personal challenge	
 Biking Skills 	• physical benefits	
Gear shifting	motivation	
 Breaking 		
- Dieaking	• 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.	
	 shared responsibility 	
	open communication	
	• goal setting	
	10.5.12 Concepts, Principles and Strategies of Movement	
	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.	
	• 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).	

Walking/ Jogging		10.3.12 Safety and Injury Prevention	Heart Rate Monitors
 Individual Challenges Beginners Course Advanced Course 	3 classes	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 	Fitdeck Cards Track Usage
 Rule/Safety Explanations & Expectations Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		 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. 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. injury 	
 Team Relay Road and Off Road Walking/ Jogging Track Walking/ Jogging Track Walking/ Jogging Rule/Safety Explanations & Expectations Rule/Safety Explanations & Expectations Fitness Principle Integration Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 	1 class	 D. Evaluate factors that affect physical activity and exercise preferences of adults. 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. shared responsibility open communication goal setting 10.5.12 Concepts, Principles and Strategies of Movement 	
 Scavenger Hunt Rule/Safety Explanations & Expectations Fitness Principle Integration Benefits	1 class	 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. • open and closed skills 	

	- Transit Hand Dat			
	 Target Heart Rate 		short-term and long-term memory	
			aspects of good performance	
	\circ Warm-Ups (Daily)		C. Evaluate the impact of practice strategies on skill development and	
	 Cardio Exercise 		improvement.	
	 Strength & Endurance 			
	Exercise		F. Analyze the application of game strategies of physical activities	
	 Flexibility Exercise 		(individual, team, lifetime, outdoor).	
	,			
Orie	nteering		10.3.12 Safety and Injury Prevention	Heart Rate Monitors
	8			
•	Orienteering	1 class	D. Evaluate the benefits, risks and safety factors associated with self-	Compasses/ Smart Phone/ iPod
	o		selected life-long physical activities.	
	 Rule/Safety Explanations & 			Fitdeck Cards
	Expectations		10.4.12 Physical Activity	
	Expectations			
	- Eitness Drinsinle Integration		A. Evaluate and engage in an individualized physical activity plan that	
	• Fitness Principle Integration			
	 Benefits 		supports achievement of personal fitness and activity goals and	
	 Target Heart Rate 		promotes life-long participation.	
			B. Analyze the effects of regular participation in a self-selected program	
	\circ Warm-Ups (Daily)		of moderate to vigorous physical activities.	
	 Cardio Exercise 		• social	
	 Strength & Endurance 		 physiological 	
	Exercise		 psychological 	
	 Flexibility Exercise 			
	-		C. Evaluate how changes in adult health status may affect the responses of	
	 Compass Skills 		the body systems during moderate to vigorous physical activity.	
	• How to read a compass		• injury	
	1			
•	Fitness Orienteering	1 class	D. Evaluate factors that affect physical activity and exercise preferences	
	- may orienteering		of adults.	
	 Rule/Safety Explanations & 		personal challenge	
			personal enalering prisonal enalering prisonal enalering	
	Expectations		motivation	
	Eiter and Dein sind. Later and in		access to activity	
	• Fitness Principle Integration			
	 Benefits 		• self-improvement	
	 Target Heart Rate 		E. Analyze the interrelationships among regular participation in physical	
			activity, motor skill improvement and the selection and engagement in	
	\circ Warm-Ups (Daily)		lifetime physical activities.	
	 Cardio Exercise 			

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 Strength & Endurance 	F. Assess and use strategies for enhancing adult group interaction in	
Exercise	physical activities.	
 Flexibility Exercise 	 shared responsibility 	
	 open communication 	
 Compass Skills 	• goal setting	
 How to read a compass 		
-	10.5.12 Concepts, Principles and Strategies of Movement	
Design a Course	2 classes	
• Rule/Safety Explanations &	A. Apply knowledge of movement skills, skill-related fitness and movement	
Expectations	concepts to identify and evaluate physical activities that promote personal	
Expectations	lifelong participation.	
• Fitness Principle Integration	B. Incorporate and synthesize knowledge of motor skill development	
 Fittless Fittlepic Integration Benefits 	concepts to improve the quality of motor skills.	
	• open and closed skills	
 Target Heart Rate 		
	• short-term and long-term memory	
• Warm-Ups (Daily)	• aspects of good performance	
Cardio Exercise	C. Evaluate the impact of practice strategies on skill development and	
 Strength & Endurance 	improvement.	
Exercise		
 Flexibility Exercise 	F. Analyze the application of game strategies of physical activities	
	(individual, team, lifetime, outdoor).	
 Course mapping 		
guidelines		
 Geocaching (dependent upon 	1 class	
availablity)		
Indoor Racquet Sports	10.3.12 Safety and Injury Prevention	Racquets
Deductor (Dire Deve	D. Evolute the banefits visits and safety frateway approxisted with safe	Nets
Badminton / Ping-Pong	D. Evaluate the benefits, risks and safety factors associated with self-	11005
Double/ Singles Play	<i>1 class</i> selected life-long physical activities.	Shuttle Cock
 Rule/Safety Explanations & 	10.4.12 Physical Activity	Ping-Pong Tables
Expectations		
	A. Evaluate and engage in an individualized physical activity plan that	Paddles
 Doubles/ Singles Breakdown 	supports achievement of personal fitness and activity goals and	
	promotes life-long participation.	Ping Pong Balls
 Fitness Principle Integration 	B. Analyze the effects of regular participation in a self-selected program	Heart Data Marit
 Benefits 	of moderate to vigorous physical activities.	Heart Rate Monitors
 Target Heart Rate 	• social	Fitdeck Cards
	• physiological	i hater Carus
• Warm-Ups (Daily)	 psychological 	
 Cardio Exercise 		
 Strength & Endurance 	C. Evaluate how changes in adult health status may affect the responses of	
Exercise	the body systems during moderate to vigorous physical activity.	

• Shill Dreation (Ontional)		D Evaluate factors that affect physical activity and everying profession	
Skill Practice (Optional)		 Evaluate factors that affect physical activity and exercise preferences of adults. 	
Round Robin Tournament	3 classes	• personal challenge	
Structure Explanation		 physical benefits 	
		motivation	
• Rule/Safety Explanations &		 access to activity self-improvement	
Expectations		E. Analyze the interrelationships among regular participation in physical	
 Doubles/ Singles Breakdown 		activity, motor skill improvement and the selection and engagement in	
O Doubles/ Singles Dicardown		lifetime physical activities.	
• Fitness Principle Integration			
 Benefits 		F. Assess and use strategies for enhancing adult group interaction in	
 Target Heart Rate 		physical activities.	
		 shared responsibility 	
• Warm-Ups (Daily)		• open communication	
Cardio Exercise		• goal setting	
Strength & Endurance Exercise		10.5.12 Concepts, Principles and Strategies of Movement	
 Flexibility Exercise 		Totoria Concepto, Timelpies una Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement	
King of the Court	1 class	concepts to identify and evaluate physical activities that promote personal	
		lifelong participation.	
 Rule/Safety Explanations & 		B. Incorporate and synthesize knowledge of motor skill development	
Expectations		concepts to improve the quality of motor skills. • open and closed skills	
- Doubles/ Singles Dreakdour		• short-term and long-term memory	
 Doubles/ Singles Breakdown 		• aspects of good performance	
• Fitness Principle Integration		C. Evaluate the impact of practice strategies on skill development and	
 Benefits 		improvement.	
 Target Heart Rate 			
		F. Analyze the application of game strategies of physical activities	
• Warm-Ups (Daily)		(individual, team, lifetime, outdoor).	
 Cardio Exercise Strongth & Endurance 			
 Strength & Endurance Exercise 			
 Flexibility Exercise 			
	1		

Cooperative Team Invasion/Fitness	Classes 10.3.12 Safety and Injury Prevention	Hula Hoops
Games	D. Evaluate the benefits, risks and safety factors associated with self-	Foam balls
• Planet Ball • Rules Explanation	selected life-long physical activities.	Cones
-	10.4.12 Physical Activity	Heart Rate Monitors
• Team Breakdown	A. Evaluate and engage in an individualized physical activity plan that	Fitdeck Cards
• General Game Play	supports achievement of personal fitness and activity goals and promotes life-long participation.	
Capture the Flag	B. Analyze the effects of regular participation in a self-selected program	
• Rules Explanation	of moderate to vigorous physical activities. • social	
• Team Breakdown	physiological psychological	
• General Game Play		
4 Corner Capture	C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity.	
• Rules Explanation	• injury	
• Team Breakdown	D. Evaluate factors that affect physical activity and exercise preferences of adults.	
• General Game Play	 personal challenge physical benefits 	
Fitness Principle Integration (All activities)	motivation	
 Benefits 	access to activity	
 Target Heart Rate 	• self-improvement	l
	E. Analyze the interrelationships among regular participation in physical	I
Warm-Ups (Daily) (All activities)	activity, motor skill improvement and the selection and engagement in lifetime physical activities.	I
Cardio ExerciseStrength & Endurance	incume physical activities.	
Exercise	F. Assess and use strategies for enhancing adult group interaction in	I
 Flexibility Exercise 	physical activities.	I
	shared responsibility	
	open communication	I
	• goal setting	
	10.5.12 Concepts, Principles and Strategies of Movement	
	A. Apply knowledge of movement skills, skill-related fitness and movement	
	concepts to identify and evaluate physical activities that promote personal	l
	lifelong participation. B. Incorporate and synthesize knowledge of motor skill development	l l
	concepts to improve the quality of motor skills.	I Contraction of the second
	• open and closed skills	I

		 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). 	
Bowling		10.3.12 Safety and Injury Prevention	Bowling Balls
 Skills/ Leisure Play Rule/Safety Explanations & Expectations Group Breakdown Scoring Keeping Bowling Skills 	2 classes 2 classes	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 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. 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. injury D. Evaluate factors that affect physical activity and exercise preferences of adults. 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. 	Bowling Pins Heart Rate Monitors Fitdeck Cards Score Sheets Pencils

		1
 Benefits 	F. Assess and use strategies for enhancing adult group interaction in	
 Target Heart Rate 	physical activities.	
	 shared responsibility 	
○ Warm-Ups (Daily)	open communication	
 Cardio Exercise 	• goal setting	
 Strength & Endurance 		
Exercise	10.5.12 Concepts, Principles and Strategies of Movement	
 Flexibility Exercise 		
	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.	
	• 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).	
		NI-4-
Volleyball Tournament (optional)5 classes	10.3.12 Safety and Injury Prevention	Nets
 Rule/Safety Explanations & 	D. Evaluate the benefits, risks and safety factors associated with self-	Volleyballs
Expectations	selected life-long physical activities.	
Expectations	selected me long physical activities.	
○ Team Breakdown	10.4.12 Physical Activity	
 Round Robin Tournament 	A. Evaluate and engage in an individualized physical activity plan that	
Structure Explanation	supports achievement of personal fitness and activity goals and	
Su ucture Explanation	promotes life-long participation.	
• Fitness Principle Integration	B. Analyze the effects of regular participation in a self-selected program	
 Filless Principle integration Benefits 		
	of moderate to vigorous physical activities.	
 Target Heart Rate 	• social	
Warm Use (Deiler)	physiological	
• Warm-Ups (Daily)	psychological	
Cardio Exercise		
 Strength & Endurance 	C. Evaluate how changes in adult health status may affect the responses of	
Exercise	the body systems during moderate to vigorous physical activity.	
 Flexibility Exercise 	• injury	
 Skill Practice (Optional) 	D. Evaluate factors that affect physical activity and exercise preferences	
	of adults.	
	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. shared responsibility open communication goal setting 10.5.12 Concepts, Principles and Strategies of Movement 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. 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 	
SPRING SEMESTER	18 weeks		
Rock Wall	5 days	10.3.12 Safety and Injury Prevention	Harnesses
 Climbing Rule/Safety Explanations & Expectations Team belaying 	Juays	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 	Ropes Helmets Carabineers
• Knot tying		A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotee life long participation	Ladder Rockwall
 Time Challenge Advanced Wall Beginner Wall 		 promotes life-long participation. B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. social physiological 	Stop Watch
 Fitness Principle Integration 		psychological	

 Benefits 	
 Target Heart Rate 	C. Evaluate how changes in adult health status may affect the responses of
	the body systems during moderate to vigorous physical activity.
\circ Warm-Ups (Daily)	• injury
 Cardio Exercise 	
 Strength & Endurance 	D. Evaluate factors that affect physical activity and exercise preferences
Exercise	of adults.
 Flexibility Exercise 	• 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.
	The Assessment as started in Consultantian 1 for an alignment in the
	F. Assess and use strategies for enhancing adult group interaction in
	physical activities.
	shared responsibility
	• open communication
	• goal setting
	10.5.12 Concepts, Principles and Strategies of Movement
	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.
	• 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.
	Improvement.
	F. Analyze the application of game strategies of physical activities
	(individual, team, lifetime, outdoor).
	(morvidual, com, methic, outdoor).

Indoor Racquet Sports		10.3.12 Safety and Injury Prevention	Nets
Indoor Tennis/ Pickleball Double/ Singles Play 	1 class	 Evaluate the benefits, risks and safety factors associated with self- selected life-long physical activities. 	Racquets Paddles
			radules
 Rule/Safety Explanations & Expectations 		10.4.12 Physical Activity	Balls
 Doubles/ Singles Breakdown 		A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and	Cones
- Eitness Dringinla Integration		promotes life-long participation.B. Analyze the effects of regular participation in a self-selected program	Floor markers
 Fitness Principle Integration Benefits Torget Heart Pate 		of moderate to vigorous physical activities. • social	Heart Rate Monitors
 Target Heart Rate 		• physiological	Fitdeck Cards
 Warm-Ups (Daily) Cardio Exercise 		• psychological	
Strength & Endurance ExerciseFlexibility Exercise		 C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury 	
• Skill Practice (Optional)		D. Evaluate factors that affect physical activity and exercise preferences of adults.	
<u>Round Robin Tournament</u> Structure Explanation	3 classes	 personal challenge physical benefits motivation 	
 Rule/Safety Explanations & Expectations 		 access to activity self-improvement E. Analyze the interrelationships among regular participation in physical 	
 Doubles/ Singles Breakdown 		activity, motor skill improvement and the selection and engagement in lifetime physical activities.	
 Fitness Principle Integration Benefits Target Heart Rate 		F. Assess and use strategies for enhancing adult group interaction in physical activities.	
• Warm-Ups (Daily)		shared responsibilityopen communication	
 Cardio Exercise 		• goal setting	
 Strength & Endurance Exercise 		10.5.12 Concepts, Principles and Strategies of Movement	
Flexibility Exercise		A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal	
• King of the Court	1 class	lifelong participation. B. Incorporate and synthesize knowledge of motor skill development	
 Rule/Safety Explanations & Expectations 		concepts to improve the quality of motor skills. • open and closed skills • short-term and long-term memory	

 Doubles/ Singles Breakdown 		 aspects of good performance 	
C		C. Evaluate the impact of practice strategies on skill development and	
Eiter an Dein sin 1. Internetion			
• Fitness Principle Integration		improvement.	
 Benefits 			
 Target Heart Rate 		F. Analyze the application of game strategies of physical activities	
6		(individual, team, lifetime, outdoor).	
• Warm-Ups (Daily)		(individual, team, interine, outdoor).	
 Cardio Exercise 			
 Strength & Endurance 			
Exercise			
 Flexibility Exercise 			
- Flexibility Exercise			
Create-A-Team Game		10.3.12 Safety and Injury Prevention	Balls
Create-A-Team Gank		10.5.12 Safety and injury i revention	Duits
Came Creation Day	1 class	D Evaluate the honofite risks and sofety feators associated with solf	Hula Hoops
Game Creation Day	1 class	D. Evaluate the benefits, risks and safety factors associated with self-	F-
 Create a Game Explanation 		selected life-long physical activities.	Cones
			Colles
 Group Breakdowns (4) 		10.4.12 Physical Activity	
O Oloup Dicardo with (1)			Nets
Course Weste to Create Course		A. Evaluate and engage in an individualized physical activity plan that	D
\circ Group Work to Create Game			Racquets
		supports achievement of personal fitness and activity goals and	
Create-A-Game Demonstrations	4 classes	promotes life-long participation.	Jump Ropes
 Rule/Safety Explanations & 		B. Analyze the effects of regular participation in a self-selected program	
Expectations of Created Games		of moderate to vigorous physical activities.	Heart Rate Monitors
Expectations of Created Games		• social	
 Team Breakdowns 		 physiological 	
		 psychological 	
• Fitness Principle Integration			
 Benefits 		C. Evaluate how changes in adult health status may affect the responses of	
 Target Heart Rate 		the body systems during moderate to vigorous physical activity.	
		• injury	
 Warm-Ups (Daily) 			
 Cardio Exercise 		D. Evaluate factors that affect physical activity and exercise preferences	
 Strength & Endurance 		of adults.	
•		• personal challenge	
Exercise			
 Flexibility Exercise 		 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.	
	 shared responsibility 	
	open communication	
	• goal setting	
	10.5.12 Concepts, Principles and Strategies of Movement	
	 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. 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).	
Lawn Games	10.3.12 Safety and Injury Prevention	Corn Hole Boards
• Corn Hole	class	
• Rules Explanation	D. Evaluate the benefits, risks and safety factors associated with self-	Bean Bags
1 I	selected life-long physical activities.	
• Team Breakdown		Ladder Ball
	10.4.12 Physical Activity	Horse Shoes
• General Game Play		HUISE SHOES
Sellerar Gamerriay	A. Evaluate and engage in an individualized physical activity plan that	Heart Rate Monitors
• Ladder Ball	<i>class</i> supports achievement of personal fitness and activity goals and	i icart Rate monitors
• Rules Explanation	promotes life-long participation.	Fitdeck Cards
	B. Analyze the effects of regular participation in a self-selected program	
• Team Breakdown	of moderate to vigorous physical activities.	
o Ieam Breakdown	• social	
o Conorol Como Diou	• physiological	
• General Game Play	• psychological	
	class	
· Horse Shoes	C. Evaluate how changes in adult health status may affect the responses of	
• Rules Explanation	the body systems during moderate to vigorous physical activity.	
• Team Breakdown	• injury	
• General Game Play	D. Evaluate factors that affect physical activity and exercise preferences of adults.	
Fitness Principle Integration (All activities)	personal challenge	
 Benefits 	• physical benefits	
- Delicitits		

	-		
We use $U_{2,2}$ (Deile) (All $(d_1^{(1)}, d_2^{(1)})$)		• access to activity	
Warm-Ups (Daily) (All activities)		• self-improvement	
Cardio Exercise		E. Analyze the interrelationships among regular participation in physical	
 Strength & Endurance 		activity, motor skill improvement and the selection and engagement in	
Exercise		lifetime physical activities.	
 Flexibility Exercise 			
		F. Assess and use strategies for enhancing adult group interaction in	
		physical activities.	
		 shared responsibility 	
		 open communication 	
		• goal setting	
		10.5.12 Concepts, Principles and Strategies of Movement	
		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.	
		• 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.	
		improvement.	
		F. Analyze the application of game strategies of physical activities	
		(individual, team, lifetime, outdoor).	
Dilving	5 classes		Bikes
Biking	5 classes	10.3.12 Safety and Injury Prevention	BIKes
• Rule/Safety Explanations &		D. Evaluate the benefits, risks and safety factors associated with self-	Helmets
Expectations		selected life-long physical activities.	
 Bike Checks 			Fitdeck cards
		10.4.12 Physical Activity	Heart Rate Monitors
 Fitness Principle Integration 			
 Benefits 		A. Evaluate and engage in an individualized physical activity plan that	
 Target Heart Rate 		supports achievement of personal fitness and activity goals and	
		promotes life-long participation.	
\circ Warm-Ups (Daily)		B. Analyze the effects of regular participation in a self-selected program	
 Cardio Exercise 		of moderate to vigorous physical activities.	
 Strength & Endurance 		• social	
Exercise		 physiological 	
 Flexibility Exercise 		• psychological	
• Course Riding		C. Evaluate how changes in adult health status may affect the responses of	
 Beginners Course 		the body systems during moderate to vigorous physical activity.	
 Advanced Course 		• injury	
	1	- 11jui y	1

- II'll D' l'	
 Hill Riding 	
 Road and Off Road 	D. Evaluate factors that affect physical activity and exercise preferences
Riding	of adults.
	• personal challenge
 Biking Skills 	• physical benefits
• Gear shifting	• motivation
 Breaking 	• access to activity
Drowning	• self-improvement
	E. Analyze the interrelationships among regular participation in physical
	activity, motor skill improvement and the selection and engagement in
	lifetime physical activities.
	The Assessment is started in Construction of Research in the
	F. Assess and use strategies for enhancing adult group interaction in
	physical activities.
	• shared responsibility
	 open communication
	• goal setting
	10.5.12 Concepts, Principles and Strategies of Movement
	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.
	• 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).

Walking/ Jogging		10.3.12 Safety and Injury Prevention	Track usage
 Individual Challenges Beginners Course Advanced Course 	3 classes	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 	Heart Rate Monitors Fitdeck cards
 Rule/Safety Explanations & Expectations Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 		 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. 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. injury 	
 Team Relay Road and Off Road Walking/ Jogging Track Walking/ Jogging Track Walking/ Jogging Rule/Safety Explanations & Expectations Rule/Safety Explanations & Expectations Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise 	1 class	 D. Evaluate factors that affect physical activity and exercise preferences of adults. 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. shared responsibility open communication goal setting 10.5.12 Concepts, Principles and Strategies of Movement 	
 Scavenger Hunt Rule/Safety Explanations & Expectations Fitness Principle Integration Benefits 	1 class	 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. open and closed skills short-term and long-term memory 	

		1
 Target Heart Rate 	 aspects of good performance 	
	C. Evaluate the impact of practice strategies on skill development and	
\circ Warm-Ups (Daily)	improvement.	
 Cardio Exercise 		
 Strength & Endurance 	F. Analyze the application of game strategies of physical activities	
Exercise	(individual, team, lifetime, outdoor).	
	(individual, team, incline, outdoor).	
 Flexibility Exercise 		
Golf	10.3.12 Safety and Injury Prevention	Golf Clubs
Golf Range	1 class	
0	D. Evaluate the benefits, risks and safety factors associated with self-	Balls
 Rule/Safety Explanations & 	selected life-long physical activities.	
Expectations	selected me long physical activities.	Hula Hoops
Expectations	10.4.12 Physical Activity	
	10.4.12 I hysical Activity	Fitdeck Card
• Golf Skills		
 Grip 	A. Evaluate and engage in an individualized physical activity plan that	Heart Rate Monitors
 Swing 	supports achievement of personal fitness and activity goals and	
	promotes life-long participation.	
 Fitness Principle Integration 	B. Analyze the effects of regular participation in a self-selected program	
 Benefits 	of moderate to vigorous physical activities.	
 Target Heart Rate 	• social	
	physiological	
• Warm-Ups (Daily)	• psychological	
 Cardio Exercise 	psychological	
	C. Evaluate how changes in adult health status may affect the responses of	
Strength & Endurance		
Exercise	the body systems during moderate to vigorous physical activity.	
 Flexibility Exercise 	• injury	
 Skill Practice 	D. Evaluate factors that affect physical activity and exercise preferences	
	of adults.	
 Longest Drive 	personal challenge	
	• physical benefits	
Game Play	<i>1 class</i> • motivation	
- Gaine I lay	access to activity	
o Dula/Safaty Evalanctions &	• self-improvement	
• Rule/Safety Explanations &	E. Analyze the interrelationships among regular participation in physical	
Expectations		
	activity, motor skill improvement and the selection and engagement in	
 Game Structure Explanation 	lifetime physical activities.	

 Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Flexibility Exercise Fitness Golf Rule/Safety Explanations & Expectations Group Breakdown Fitness Principle Integration Benefits Target Heart Rate Warm-Ups (Daily) Cardio Exercise Strength & Endurance Exercise Strength & Endurance Strength & Endurance Strength & Endurance Exercise Strength & Endurance Exercise Strength & Endurance Strength & Endurance Exercise Strength & Endurance Exercise Strength & Endurance Exercise Strength & Endurance Exercise Strength & Endurance Strength & Endurance	F. Assess and use strategies for enhancing adult group interaction in physical activities. • shared responsibility • open communication • goal setting 10.5.12 Concepts, Principles and Strategies of Movement 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 skills • 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).	
Flexibility Exercise		
Hiking	2 days 10.3.12 Safety and Injury Prevention	Fitdeck Card
 Class Course Rule/Safety Explanations & Expectations Fitness Principle Integration 	 D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities. 10.4.12 Physical Activity 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. • social • physiological C. Evaluate how changes in adult health status may affect the responses of the body systems during moderate to vigorous physical activity. • injury 	Heart Rate Monitors

D. Evaluate factors that affect physical activity and exercise preferences of adults. • 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. • shared responsibility • open acommunication • goal setting 10.5.12 Concepts, Principles and Strategies of Movement 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 skills. • open and closed skills • short-term and long-term memory • application of game strategies on skill development and improvement. F. Analyze the application of game strategies on skill development and improvement.	
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acquet Sports - Tennis		10.3.12 Safety and Injury Prevention	Tennis Racquets
Doubles/ Singles Tennis	1 class	 Evaluate the benefits, risks and safety factors associated with self- selected life-long physical activities. 	Balls Heart Rate Monitors
 Rule/Safety Explanations & Expectations 		10.4.12 Physical Activity	
Expectations			Fitdeck cards
o Game Play		A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and	
 Tennis Skills 		promotes life-long participation.	
 Serving 		B. Analyze the effects of regular participation in a self-selected program	
 Grip 		of moderate to vigorous physical activities.	
 Forehand 		• social	
 Backhand 		physiological	
		 psychological 	
 Fitness Principle Integration 			
 Benefits 		C. Evaluate how changes in adult health status may affect the responses of	
 Target Heart Rate 		the body systems during moderate to vigorous physical activity.	
		• injury	
• Warm-Ups (Daily)			
 Cardio Exercise 		D. Evaluate factors that affect physical activity and exercise preferences	
 Strength & Endurance 		of adults.	
Exercise		personal challenge	
 Flexibility Exercise 		physical benefits	
		motivation	
• Skill Practice (Optional)		access to activity self-improvement	
	3 classes	E. Analyze the interrelationships among regular participation in physical	
Tournament Play	5 classes		
		activity, motor skill improvement and the selection and engagement in	
• Rule/Safety Explanations &		lifetime physical activities.	
Expectations		F. Assess and use strategies for enhancing adult group interaction in	
- Dound Dakin Toursant		physical activities.	
• <u>Round Robin Tournament</u>		• shared responsibility	
Structure Explanation		open communication	
o Fitness Dringinla Integration		• goal setting	
 Fitness Principle Integration Benefits 		10.5.12 Concepts, Principles and Strategies of Movement	
BenefitsTarget Heart Rate		Town Concepts, I incipies and Strategies of Movement	
		A. Apply knowledge of movement skills, skill-related fitness and movement	
• Warm-Ups (Daily)		concepts to identify and evaluate physical activities that promote personal	
 Warn-Ops (Daily) Cardio Exercise 		lifelong participation.	
Strength & Endurance		B. Incorporate and synthesize knowledge of motor skill development	
Exercise		concepts to improve the quality of motor skills.	
 Flexibility Exercise 		• open and closed skills	
r lexionity Excicise		• short-term and long-term memory	

King of the Count	1 class	aspects of good performance	
King of the Court	1 cluss	C. Evaluate the impact of practice strategies on skill development and	
• Rule/Safety Explanations &			
Expectations		improvement.	
\circ Game Explanation		F. Analyze the application of game strategies of physical activities	
O Game Explanation		(individual, team, lifetime, outdoor).	
 Partner Breakdown 			
 Fitness Principle Integration 			
 Benefits 			
 Target Heart Rate 			
• Warm-Ups (Daily)			
 Cardio Exercise 			
 Strength & Endurance 			
Exercise			
 Flexibility Exercise 			
Disc Golf		10.3.12 Safety and Injury Prevention	Frisbees
Frisbee Skills	1 class		
		D. Evaluate the benefits, risks and safety factors associated with self-	Disc Golf Goals
• Rule/Safety Explanations &		selected life-long physical activities.	
Expectations			Hula Hoops
Expectations		10.4.12 Physical Activity	N.
\circ Throwing Skills			Mats
		A. Evaluate and engage in an individualized physical activity plan that	Heart Rate Monitors
• Fitness Principle Integration		supports achievement of personal fitness and activity goals and	Teart Rate Monitors
 Benefits 		promotes life-long participation.	Fitdeck Cards
 Target Heart Rate 		B. Analyze the effects of regular participation in a self-selected program	
Target Heart Rate		of moderate to vigorous physical activities.	
• Warm-Ups (Daily)		• social	
Cardio Exercise		• physiological	
 Cardio Exercise Strength & Endurance 		• psychological	
Exercise		psychological	
 Exercise Flexibility Exercise 		C. Evaluate how changes in adult health status may affect the responses of	
- Flexibility Exercise		the body systems during moderate to vigorous physical activity.	
• Skill Practice		• injury	
o Skill Placuce		• ngury	
 Target Practice 		D. Evaluate factors that affect physical activity and exercise preferences	
o Target Practice		of adults.	
Come Play	1 class	• personal challenge	
Game Play	1 010055	• physical benefits	
• Rule/Safety Explanations &		• motivation	
v 1		access to activity	
Expectations		• self-improvement	
		• sen-improvement	

 Group Breakdown 	E. Analyze the interrelationships among regular participation in physical	
_	activity, motor skill improvement and the selection and engagement in	
• Game Structure Explanation	lifetime physical activities.	
- Fitness Principle Integration	E Assess and use strategies for enhancing adult group interaction in	
• Fitness Principle Integration	F. Assess and use strategies for enhancing adult group interaction in	
 Benefits 	physical activities.	
 Target Heart Rate 	 shared responsibility 	
	open communication	
○ Warm-Ups (Daily)	• goal setting	
 Cardio Exercise 	10.5.12 Concepts, Principles and Strategies of Movement	
 Strength & Endurance 	Totell Concepts, I merpes and Strategies of Alsteinen	
-	A series becaule day of management shills shill related fitness and	
Exercise	A. Apply knowledge of movement skills, skill-related fitness and	
 Flexibility Exercise 	movement concepts to identify and evaluate physical activities that	
	promote personal lifelong participation.	
Fitness Disc Golf	<i>1 class</i> B. Incorporate and synthesize knowledge of motor skill development	
 Rule/Safety Explanations & 	concepts to improve the quality of motor skills.	
Expectations	• open and closed skills	
Expectations	short-term and long-term memory	
 Group Breakdown 	• aspects of good performance	
	C. Evaluate the impact of practice strategies on skill development and	
 Fitness Principle Integration 	improvement.	
 Benefits 		
 Target Heart Rate 	G. Analyze the application of game strategies of physical activities	
Turget Heart Rute	(individual, team, lifetime, outdoor).	
- Worm Une (Daily)	(individual, team, incume, outdoor).	
• Warm-Ups (Daily)		
Cardio Exercise		
 Strength & Endurance 		
Exercise		
 Flexibility Exercise 		
Fitnessgram	2 classes 10.3.12 Safety and Injury Prevention	Fitnessgram CD
- 10100051 0111	2 crasses is survey and injury incremental	
	D. Englished the home file of the sector for the sector sector is the 10 sector.	Mats
• Mile Run	D. Evaluate the benefits, risks and safety factors associated with self-	
Push-ups	selected life-long physical activities.	Stopwatch
• Curl-ups		Stopwaten
Shoulder Stretch	10.4.12 Physical Activity	
• Warm-Ups (Daily)		
	A. Evaluate and engage in an individualized physical activity plan that	
 Cardio Exercise 		
 Strength & Endurance 	supports achievement of personal fitness and activity goals and	
Exercise	promotes life-long participation.	
 Flexibility Exercise 	B. Analyze the effects of regular participation in a self-selected program	
	of moderate to vigorous physical activities.	
	• social	
	physiological	
	physicle great psychological	
	psychological	

· · · · · · · · · · · · · · · · · · ·	
	C. Evaluate how changes in adult health status may affect the responses of
	the body systems during moderate to vigorous physical activity.
	• injury
	D. Evaluate factors that affect physical activity and exercise preferences
	of adults.
	• 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.
	• shared responsibility
	open communication
	• goal setting
10	0.5.12 Concepts, Principles and Strategies of Movement
	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.
	• 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.
	The Annal of the condition of the second state of the state of the second state of the
	F. Analyze the application of game strategies of physical activities
	(individual, team, lifetime, outdoor).