

Personal Fitness

Unit/Topic	Student Benchmark	PA Standard(s)	Vocabulary	Assessment
Fitness Assessment - Pacer Test, Curl Ups, Push ups, Sit and Reach, Trunk Lift, Pull ups, Body composition, Dynamic Postural assessments	1. Students will perform each of the fitness assessments and identify areas where improvement can be made.	10.4.12 A,C,E	Healthy fitness zone, Muscular strength, muscular endurance, flexibility, cardiorespiratory endurance, cardiorespiratory efficiency, body composition, posture	Pre/Post test results, Healthy Fitness Zones
Goal Setting	Students will analyze their current fitness level and create and track their progress for 5 physical activity goals during each 9 week period.	10.4.12 A	SMART, specific, measurable, attainable, realistic, time-oriented.	Written goals using SMART criteria.
Aerobic Walking/Jogging	Students will exercise in their target heart rate zone by walking or jogging.	10.4.12 A,B,C,D,E; 10.5.12 D,E	Aerobic, Anaerobic, target heart rate zone, Opposition, Calorie, EPOC (Excess post exercise oxygen consumption)	Time spent in target heart rate zone as measured by Polar Heart rate monitors.
Weight Room - Free Weight Training	1.Students will apply basic weight training principles, techniques and programs while exercising each of the major muscle groups. 2. Students will monitor their progress by maintaining an exercise log during each weight room session	10.3012A,B,D; 10.4.12A,B,C,D,E;10.5.12D,E	Spotting, Compound set, super set, repetition maximum, ATP, Muscular strength, overload, Progression, hypertrophy SAID principle	The students training logs will be assessed for completion of each workout or for a desired number exercise sets.

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Active Games - Ultimate Frisbee, Speedball, Soccer, etc.	Students will exercise for a specified period of time in their target heart rate zone while playing active games such as Ultimate Frisbee, Speed ball, and Soccer.	10.4.12D,F; 10.5.12D,E,F	Active participation	Number of minutes in target zone as measured by Polar heart rate monitor
Program Design	Students will apply basic exercise principles while designing a personal exercise program.	10.3.12D; 10.4.12A,B,C,D,E,F; 10.5.12A,B,C,D,E	Acute variables,FITT, Specificity, Progression, Periodization	Written Project. Students will write an exercise plan including goals, exercises and evaluation.
Nutrition	Students will analyze proper diet regulations, track their own diets by keeping a food journal, and analyze their own diet.	10.4.12A,C;10.1.12C	Carbohydrates, Proteins, Fats, Dietary fiber, Calorie, Hydration, Dietary supplement	Students will keep a food journal and write a report analyzing their journal.

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Weight Room - Circuit Training	1. Students will exercise in their target zone for a specified period of time. 2. Students will demonstrate proper technique in each of the exercises.	10.3.12A,B,D; 10.4.12A,B,C,D,E; 10.5.12D,E	Circuit, Anaerobic, aerobic, muscular endurance	Students will be assessed on number of minutes exercised in their target zone, as measured by Polar Heart rate monitors.
Cross Country Skiing	1. Students will apply basic cross country skiing maneuvers and techniques. 2. Students will exercise for a specified number of minutes in their target zone.	10.4.12B,D,E; 10.5.12D,E	Diagonal stride, double poling, herring bone, NNN, skating, snow plow, star turn, step turn, kick turn, side step	Students will be assessed on number of minutes exercised in their target zone, as measured by Polar Heart rate monitors. Skills rubric
Polar Heart Rate monitors	Students will exercise for a specified period of time in their target heart rate zone while performing various physical activities.	10.4.12A; 10.5.12D,E	Resting heart rate, maximum heart rate, target heart rate.	Number of minutes in target zone as measured by Polar heart rate monitor
Integrated Training - Warm up, general activity preparation: Core training, flexibility, reactive training, speed, agility and quickness.	Students will perform various warm up activities to prepare for activity, to strengthen muscles and joints, increase flexibility, balance and stability.	10.3.12D; 10.4.12A,B,C,D,E,F; 10.5.12A,B,C,D,E	Core, stabilization, reactive, balance, power, warm up, dynamic stretching, static stretching, golgi tendon organ, muscle spindle, Drawing in maneuver, dynamic joint stability, multisensory condition, controlled instability.	Teacher observation/rubric of skill improvement in dynamic posture assessment (body weight squat, one leg squat).