



## Curriculum Guide

Department: PE/Health

Course Name: **Fitness & Development II**

*Prerequisite: F&D I Students must get prior approval from a teacher in the physical education department.*

*Let us set up a fitness program that fits your individual needs! This course will be for the student interested in creating a personalized fitness program. Whether you want to focus on strength & development or getting in your daily cardio; there is something for everyone. If you are craving more from the previous class; then it's time to progress and get the workout you deserve. This class is for the student who has the foundational knowledge from Fitness & Development I.*

**Level:**

Grades 10-12

Quarter course

.25 Credit

*The course's main objective is to give students (who have taken weight training) the know-how and confidence to continue and advance their knowledge in weight training as a lifetime activity*

### [Maine Learning Results - Visual And Performing Arts](#)

RSU14 staff use the Maine State Learning Results to craft each course of study. The below standards and targets are aligned and are updated when changes are made at the state level.

### Graduation Standards for course:

#### **G MOVEMENT/MOTOR SKILLS & KNOWLEDGE**

- ☐ *I can Demonstrate a variety of specialized movement skills specific to activity.*
- ☐ *I can Design appropriate practice sessions utilizing fundamental movement skills.*

#### **H PHYSICAL FITNESS ACTIVITIES & KNOWLEDGE**

- ☐ *I can Participate in a health-related assessment to establish personal fitness goals and reassess*
- ☐ *Design and critique a personal fitness plan, from established goals, that applies the five fitness components and the principles of training*
- ☐ *I can Select and participate in physical activities that address fitness plan their fitness over time*

#### **I-PERSONAL/SOCIAL SKILLS & KNOWLEDGE**

- ☐ *Demonstrate collaborative skills while participating. Giving/accepting constructive feedback. Respectful inclusion of peers.*
- ☐ *Demonstrate responsible and ethical behavior while participating in physical activity*
- ☐ *Predict how etiquette/safety rules improve game/activity and contribute to productive participation and how environmental modifications can impact safety.*

### 21st Century Skills/Guiding Principles for course:

#### **A Clear and Effective Communicator who:**

- ☐ *Demonstrates collaborative skills while participating. Giving/accepting constructive feedback. Respectful inclusion of peers*

#### **A Self-Directed and Lifelong Learner who:**

- ☐ *Demonstrate a variety of specialized movement skills specific to activity.*

#### **An Integrative and Informed Thinker who:**

- ☐ *Participate in a health-related assessment to establish personal fitness goals and reassess their fitness over time*

### Curriculum Activities/ Units may include:

WEIGHT ROOM-CARDIO ROOM-CIRCUIT TRAINING- SUPER-SETS  
Team Buildr software program, Safety Rubric, Expectations