

Personal Fitness



Speed & Agility

Course Curriculum

Physical Education Evaluation

Power Objectives

P.O. #1: Demonstrate combined movement skills and patterns in authentic settings

P.O. #4: Implements principles and practices to develop a fitness and nutrition plan to meet individual needs

P.O. #5: Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures and etiquette in physical activity settings

Academic Vocabulary

- ☐ ground reaction forces
- ☐ angles
- ☐ power
- ☐ force
- ☐ rate of force production

- ☐ deceleration
- ☐ acceleration
- ☐ top speed
- ☐ stretch flex
- ☐ reactive training

- ☐ elasticity
- ☐ resisted speed
- ☐ overspeed
- ☐ contrast training
- ☐ plyometric
- ☐ recovery time

Enduring Understandings

Students understand that...

- Students will understand that correct exercise technique will allow them to maximize their performance with a limited chance of injury.
- Students will understand that exercises they use and the specific way that they use the exercises for sets and repetitions will influence their specific results.
- Students will understand why using the principles of human movement and force production can influence decisions in their future careers.

Essential Questions

- What is the best way to use strength training for my specific health and fitness goals?
- How does strength training affect a person's overall health and well-being?
- How does understanding human movement/force production related to other professions (doctors, robotics, physics, clothing/shoe designs, statistics, technology/app design, etc)?