Unit #4: Skill Development for Lifetime Fitness	
Grade	**9-12**
Unit of Study	**Unit 4**
Length of Unit	**All Year (August-May)**

Missouri Learning Standards

Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, the timeline for improvement). (S3.H11.L2)

Relates physiological responses to individual levels of fitness and nutritional balance. (S3.H8.L1)

Participates several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day. (S3.H6.L1)

Investigates the relationships between physical activity, nutrition, and body composition. (S3.H1.L2)

Unit #4 : Learning Targets

I can log my workout on paper.

I can log my weight in order to accurately identify areas of strengths and weaknesses.

I understand the benefits of participating in physical activity outside of the school day.

I understand the benefits of nutrition, hydration, and mental visualization for the improvement of my overall health.

I can log my workout on paper.

I can log my weight in order to accurately identify areas of strengths and weaknesses.

Intervention and Enrichment

N/A

Assessments	
MLS (Learning Goal)	**Description or Location**
S3H11	Weight training log/Folder - 10 points per sheet/week = Final test score

Vocabulary			
Nutrition Hydration Metabolism Protein/Carbs/Fats Calories	Mental Health Visualization Lifetime activities Etiquette Percent Chart Folder/Log		

Instructional Materials
Weight Training Log Weight Training Workout

Additional Instructional Resources
Folders, Logs, Percent Chart

Reflections for Future Revisions
N/A