

SUBJECT: Wellness 3: Sports Science		GRADE:	
Unit Title: Personal Fitness			
UNIT OVERVIEW			
Students will assess their personal fitness level, create a SMART goal, and develop a personal fitness plan to improve stated weakness/needs.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Continual Learning & Growth Mindset Resilience & Grit Critical Thinking & Problem-Solving		10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation 10.5.12.D Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use	
COMPETENCIES		LEARNING TARGETS	
2- I can develop and show a clear progression through the goal setting process.		- I can identify my health and skill-related strengths and weaknesses. K1PEB11L1 - I can create a SMART goal and apply a personal plan to improve my fitness. K1PEB11L2	
13- I can recognize the value of physical activity for health, enjoyment, challenge, self-expression, or social interaction.		I can select and participate in physical activities or dance that meet the need for self-expression and enjoyment. K1PEB5L1	

- I can choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.
K1PEB5L2

SUBJECT: Wellness 3: Sport Science		GRADE:	
Unit Title: Skill & Movement Concepts			
UNIT OVERVIEW			
Students will identify skill and movement concepts and describe how specific skills and concepts relate to various sport movements and physical activities.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Continual Learning & Growth Mindset		10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement 10.5.12.A Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation 10.5.12.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	
COMPETENCIES		LEARNING TARGETS	

10- I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	• I can apply terminology associated with exercise and participation in individual activities (HRFC, SRFC, FITT Principle, Principles of Training). K1PEB1L3 • I can use movement concepts and principles (force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. K1PEB2L2
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SUBJECT: Wellness 3: Sport Science		GRADE:	
Unit Title: Cardiorespiratory Endurance			
UNIT OVERVIEW			
Students will identify activities to participate in to improve and/or maintain cardiorespiratory endurance			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Honesty, Integrity & Responsibility		10.4.12.A Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation	
COMPETENCIES		LEARNING TARGETS	
11- I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.		● I can demonstrate skill and movement concepts to enhance my level of fitness. K1PEB3L1 ● I can practice activities that improve my cardiorespiratory endurance (In and Above THRZ). K1PEB3L2 ● I can adjust pacing to keep heart rate in the target zone, using available technology to self monitor aerobic intensity. K1PEB3L4	

SUBJECT: Wellness 3: Sport Science		GRADE:	
Unit Title: Nutrition			
UNIT OVERVIEW			
Students will explore various nutrition concepts and analyze how these relate to their daily lives. Students will create a healthy snack, based on the Dietary Guidelines, to meet their nutritional needs.			
LRG SKILLS AND DISPOSITIONS		PA STANDARDS	
Adaptability & Flexibility Critical Thinking & Problem Solving Creativity & Innovation		10.1.12.C Analyze factors that impact nutritional choices of adults. (cost, food preparation, consumer skills, nutritional knowledge, changes in nutritional requirements).	
COMPETENCIES		LEARNING TARGETS	
3- I can demonstrate the ability to use decision making skills to enhance health.		● I can identify nutritional needs and assess deficiencies in current personal nutrition. K1PEB12L2 ● I can develop a food plan that addresses nutritional needs. K1PEB12L2	

SUBJECT: Wellness 3: Sport Science		GRADE:	
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Unit Title: Community Health	
UNIT OVERVIEW	
Students will identify health and wellness needs in the community and develop a plan to address the identified need(s).	
LRG SKILLS AND DISPOSITIONS	PA STANDARDS
Communication & Empathy Critical Thinking & Problem Solving Creativity & Innovation Collaboration & Teamwork	10.4.12.B Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological 10.4.12.D Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement
COMPETENCIES	LEARNING TARGETS
8- I can advocate for personal, family, and community health.	• I will analyze data to support the need for community health and wellness programming. K1PEB10L1 • I will develop an activity or program to promote community health and wellness. K1PEB10L2

SUBJECT: Wellness 3: Sport Science	GRADE:
Unit Title: Mindfulness	
UNIT OVERVIEW	
Students will explore mindfulness strategies and tools/resources and develop a practical and effective mindfulness toolbox for others.	

LRG SKILLS AND DISPOSITIONS	PA STANDARDS
Communication & Empathy Critical Thinking & Problem Solving Creativity & Innovation	10.1.12.B Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.2.12.D. Examine and apply a decision-making process to the development of short and long-term health goals.
COMPETENCIES	LEARNING TARGETS
4- I can show evidence of the ability to apply health skills through self-management.	• I can identify areas for self-improvement. K1PEB7L1 • I can practice mindfulness techniques to enhance my wellness. K1PEB7L2 • I can construct a mindfulness tool to improve the mental health of myself and others. K1PEB7L3