

# Name of Course: Physical Education (9-12)

## COURSE STANDARDS ALIGNMENT

| Semester 1                                                                                                                                                    |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| Lesson                                                                                                                                                        | Learning Targets                                                                                                                                                                                                                                                                         | Standards                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>Unit 1: Goal Setting (4 Weeks)</b>                                                                                                                         |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| What Every Teen Needs to Know<br>Benefits of Exercise<br>SMART Goals<br>Discussion Board<br>Fitness Pretest<br>Fitness Logs                                   | Students will be able to create SMART goals for short and long term, physical and nutrition based.<br>Students will assess their fitness levels, including flexibility, heart rate, and push ups in a minute.<br>Students will evaluate the physical and emotional benefits of exercise. | Investigates the relationships among physical activity, nutrition, and body composition. (S3.1.L2)<br>Applies rates of perceived exertion and pacing. (S3.3.L2)<br>Evaluates – according to their benefits, social support network, and participation requirements – activities that can be pursued in the local environment. (S3.4.L1)<br>Analyzes the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings. (S3.5.L2)<br>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, timeline for improvement). (S3.11.L2) |
| <b>Unit 2: Fitness in the US (2 Weeks)</b>                                                                                                                    |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Exercise Time Data Chart<br>What is Health Article<br>Obesity in America<br>Discussion Board<br>Fitness in America<br>Fitness Logs                            | Students will evaluate fitness and nutrition trends in the US.                                                                                                                                                                                                                           | Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. (S3.12.L2)<br>Analyzes the health benefits of a self-selected physical activity.<br>Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance. (S5.4.L2)                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>Unit 3: Fundamentals of Fitness (3 Weeks)</b>                                                                                                              |                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Heart Rate Zones and Exercise<br>Find Your Heart Rate<br>Discussion Board<br>Exercise and Sleep<br>FITT Principles<br>5 Components of Fitness<br>Fitness Logs | Students will calculate various heart rates, including max, target, and resting.<br>Students will evaluate the physical and emotional benefits of exercise.<br>Students will define and evaluate fitness plans based on the FITT principles.                                             | Creates a plan, trains for, and participates in a community event with a focus on physical activity (e.g. 5K, triathlon, tournament, dance performance, cycling event). (S3.6.L2)<br>Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle. (S3.7.L2)<br>Adjusts pacing to keep heart rate in the target zone, using available technology (e.g. pedometer, heart rate monitor), to self-monitor aerobic intensity. (S3.10.L2)<br>Applies stress-management strategies (e.g.                                                                                                                                                      |

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|                                                                                                                                                                                                                |                                                                                                                                                        | mental imagery, relaxation techniques, deep breathing, aerobic exercise, and meditation) to reduce stress. (S3.14.L2)                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Unit 4: Movement and the Body (4 Weeks)</b>                                                                                                                                                                 |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Avoiding Injury<br>Bone/Muscle Health<br>Muscle and Exercise<br>Keeping Bones and Joints Healthy<br>Muscles, Bones, and Movement<br>Fitness Logs                                                               | Students will                                                                                                                                          | <p>Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle. (S3.7.L2)</p> <p>Identifies the different energy systems used in a selected physical activity (e.g. adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). (S3.8.L2)</p> <p>Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. (S3.9.L1)</p> |
| <b>Unit 5: Diet and Nutrition (4 Weeks)</b>                                                                                                                                                                    |                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| Nutrition Quiz<br>You Are What You Eat<br>Choosing Healthy Food<br>Types of Nutrients<br>Discussion Board<br>Vitamins and Minerals<br>Nutrition Matching<br>Diet Research<br>Fitness Logs<br>Fitness Post Test | <p>Students will define the benefits of macro and micro nutrients.</p> <p>Students will analyze the efficacy of various diets and nutrition plans.</p> | Creates a snack plan for before, during, and after exercise that addresses nutrition needs for each phase. (S3.13.L2)                                                                                                                                                                                                                                                                                                                                                                         |