

Course Title

Fitness for Life

Subject

Physical Education

Grade Level(s)

12

Teachers

Fetherston, Vogel, Marshall

Type of Course

Elective

Length/Credits

semester

Prerequisites

C or better in Team Sports, Indy Sports and Personal Wellness

Course Description

Emphasis in Fitness for Life is on advanced skill development, fitness, and team and Individual concepts such as teamwork, sportsmanship, strategy, communication and cooperation. A competitive spirit is essential. Fitness Assessments will be utilized to promote individual fitness awareness. This course consists of the following activities: basketball, volleyball, floor hockey, ultimate frisbee, softball, flag football, water games, golf, bowling, badminton, pickle ball, tennis, speedball, soccer, team handball, and water polo. Swimming strokes and survival skills will also be taught as well as weight training and other fitness activities. A fee may be charged for some activities.

Related Common Core State Standards (CCSS)
other related Standards

<https://dpi.wi.gov/sites/default/files/imce/standards/New%20pdfs/PhysicalEducationStandards2020.pdf>

Essential Learning Targets	Measurable Evidence of Success
Acquire and demonstrate competency in higher level skills needed to perform a variety of team activities	Teacher Observations, Self-Evaluations, written quizzes and tests, rubrics
Demonstrate and apply understanding of movement concepts, rules, strategies, and tactics to team activities/games	Teacher Observations, written quizzes and tests
Make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on behavioral skills like sportsmanship, communication, cooperation, and teamwork.	Teacher Observations, Self-Evaluations, rubrics Daily Point Rubric
Assesses their personal fitness status through interpreting information from fitness tests and fitness activities and uses this information to maintain personal fitness goals.	Self-Evaluations, Observations, Fitness Level Evaluation
Demonstrates appropriate safety practices, follows class rules, and rules of etiquette with and without equipment	Teacher Observations, written tests and quizzes, rubrics
Demonstrates an awareness of the intrinsic values and benefits of participation in team activities	Self-Evaluations, written quizzes/assignments, rubrics

Units of Study  Grade 12 PE -JHS