SUBJECT: Fitness and Weight Training GRADE: 11th/12th	
Unit Title: Needs Analysis	**Time Frame: 1 week**
UNIT OVERVIEW	
Students will complete a self assessment that will assess their personal needs for their workouts, exercises, warm ups and cool downs they will complete a Needs Analysis. In this Needs Analysis they will answer questions about their current physical condition, the physical needs of the sport/activity they compete in, and muscles that they will target to help them improve their performance in their sport/activity. In completing this needs analysis they will have a road map to follow throughout this semester that will help them achieve their goals. They will also be setting 3 specific goals related to the areas that they want to improve. Working towards achieving these goals will help them improve their performance in their sport/activity. To help them track their improvement, they will be picking tests that will allow them to measure their performance in each goal area they choose.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Critical Thinking and 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. 10.2.12 D. Examine and apply a decision-making process to the development of short and long-term health goals.
COMPETENCIES	**LEARNING TARGETS**
I can develop and show a clear progression through the goal setting process.	● I can identify my health-related, and skill related strengths and weaknesses. ● I can create goals and apply a personal plan to improve my fitness.
I can show evidence of the ability to apply health skills through self-management.	- I can identify areas for self-improvement.

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). • I can incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.

SUBJECT:	**GRADE:**
Unit Title: Cardiorespiratory Endurance	**Time Frame: Year Long**
UNIT OVERVIEW	
Evaluate personal preferences in the selection of physical activities that support the engagement in and achievement of personal fitness and activity goals over a lifetime.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Honesty, Integrity, and Responsibility	- 10.4.12 E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
COMPETENCIES	**LEARNING TARGETS**
I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.	- I can adjust pacing to keep heart rate in the target zone, using available technology to self monitor aerobic intensity.

SUBJECT:	GRADE:
Unit Title: Goal Evaluation	**Time Frame: 3 Times a semester**

UNIT OVERVIEW

This unit is spread out over the entire semester. Students choose 3 skill related/health related components of fitness that they want to improve throughout the semester, students will test these goals 3 different times throughout the semester. Students will record their scores for each test in the goal testing log, and submit those scores after each retest. Students will then analyze their progress towards their goal. Students will determine if changes need to be made to increase or decrease their goals based on their progress after each retest.

LRG SKILLS AND DISPOSITIONS	PA STANDARDS
- Continual Learning and Growth Mindset - Grit and Resilience	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological

COMPETENCIES	LEARNING TARGETS
I can develop and show a clear progression through the goal setting process.	- I can identify my health and skill-related strengths and weaknesses.

SUBJECT:	GRADE:
Unit Title: Personal Workout Plan	**Time Frame: Semester Long**

UNIT OVERVIEW	
Students will follow a personal workout plan for the semester. The workout plans will be related to the goals that students set for themselves. Every Tuesday, Wednesday, and Thursday, students will follow their workout plan. This plan will be set up in 4-6 week phases, each phase will build on the previous phase and will help the students work toward achieving the goals that they set for themselves in the beginning of the semester in the needs analysis. Students will learn the major muscles targeted in their workouts, the importance of phases, and how to create a workout.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
- Grit and Resilience - Critical Thinking and 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 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 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**
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). - I can use movement concepts and principles (force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill.

I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.	• I can investigate the relationships among physical activity, nutrition and body composition.
I can exhibit responsible personal and social behavior that respects self and others.	- I can exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or dance.

SUBJECT:	**GRADE:**
Unit Title: Sports Performance Topic	**Time Frame: 4 Times Per Semester**
UNIT OVERVIEW	
Students will learn about the benefits of dynamic stretching, sports nutrition, core strength, and mental training through the reading of articles related to those concepts. Students will complete extended response questions to demonstrate their understanding of the principle.	
LRG SKILLS AND DISPOSITIONS	**PA STANDARDS**
Critical Thinking and Problem Solving Continual Learning and Growth Mindset	- 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 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**
I can demonstrate the ability to use decision making skills to enhance health.	- I can identify the nutritional needs for each phase of exercise.

I can apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.	● I can use movement concepts and principles (force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. ● I can apply terminology associated with exercise and participation in individual activities (HRFC, SRFC, FITT Principle, Principles of Training).
I can demonstrate knowledge and skills to achieve a health enhancing level of physical activity and fitness.	- I can investigate the relationships among physical activity, nutrition and body composition.
I can demonstrate the ability to access appropriate information to improve my wellness.	● I can analyze concepts related to the Health Related and Skill Related Fitness Components SRFC and draw conclusions on its relationship related to improvement in the sport or activity in which i participate. and my life.