

Feb: (5 Comp of Fitness)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	How do I know I am fit? How do I increase my lean body mass?	Why is it important to be fit? Why is it important to write fitness goals? Can fitness be measured?	How do motor skills/patterns help maintain fitness? How do patterns of movement change with fitness development? What skills have you previously learned that relate to lifetime sports and/or activities?	
Content	Five Components of Fitness p. 1.1 (Advanced) Heart Health Pyramid p. 4.78-4.95 Fitness Measurements p. 4.114-4.144 Training Principles (FITT Principle) p. 1.34-1.48	Fitness Assessments: Fitness Measurements p. 4.114-4.144 Goal Setting for Life p. 4.145-4.171	Team & Individual Sports Skills Outdoor Lifetime Activities Low Organized Games & Activities	Gym Rules Class/Syllabus Set Up Sportsmanship
Skills/ Activities	Five Components of Fitness p.1.1 <ul style="list-style-type: none"> Advanced Cardiorespiratory Graphing Activity p.1.10 Advanced Cardiorespiratory Graphing Worksheet p. 1.11 Advanced Muscular Strength and Muscular Endurance Activity p. 1.13-1.14 Advanced Flexibility Activity p. 1.18-1.19 Body Composition Explanation p.1.26 Heart Health Pyramid p. 4.78-4.95 <ul style="list-style-type: none"> Unit Guidelines p. 4.78-4.79 Introduction p. 4.80-4.82 Vocabulary p.4.83 Fitness Measurements p. 4.114-4.144 <ul style="list-style-type: none"> Three Minute Step (Exercise and Recovery Heart Rate) Activity p. 4.130-4.131 Training Principles (FITT Principle) p. 1.34-1.48 <ul style="list-style-type: none"> Unit Guidelines p. 1.34-1.35 Introduction p. 1.36-1.37 	Fitness Assessments: Fitness Measurements p. 4.114-4.144 <ul style="list-style-type: none"> Pacer Height/Weight Push-up Sit-up BMI Sit and Reach Goal Setting for Life p. 4.145-4.171 <ul style="list-style-type: none"> Unit Guideline p. 4.145-4.147 Introduction p. 4.148-4.149 Vocabulary p. 4.150 The Five for Life Program S.M.A.R.T. Goal Setting Strategy p. 4.151 Goal Setting for Life Activity p. 4.152 Five for Life Fitness Measurements Recording Sheet p. 4.153 	Team & Individual Sports Skills Examples: Basketball <ul style="list-style-type: none"> Dribble, Shooting Volleyball <ul style="list-style-type: none"> Bump, Set, Hit Outdoor Lifetime Activity Examples: Badminton <ul style="list-style-type: none"> Forehand, Backhand, Smash Low Organized Games & Activities Examples: Pickleball <ul style="list-style-type: none"> Volley, Smash, Overhead, Backhand 	Gym Rules <ul style="list-style-type: none"> Locker Expectations Safety Procedures in the Gym Class/Syllabus Set Up Sportsmanship
Assessment	Five Components of Fitness Assessment p.1.30-1.31 Training Principles Assessment p. 1.45-1.46	Fitness Assessments p. 4.114-4.142 Student Self Assessment p. 4.153 Health Performance and Appearance Goals p. 4.155	Observation Skill Testing	Ongoing Assessment Discussed

Standards	<p>1.1.1 Applies complex motor skills and movement concepts to activities to enhance a physically active life.</p> <p>1.2.1 Applies how to perform activities and tasks safely and appropriately.</p> <p>1.3 Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.</p>			
Equipment/ Resources	<p>Five for Life</p> <p>Target Heart Rate=Heart Health Level</p>	WELPRO Fitness Assessment		

March (Muscular Strength & Endurance)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	Why is developing muscular strength important? What are the major muscles and bones in the body?	How do you go about developing muscular strength? What fitness activities improve your fitness level?	What exercises are involved in developing muscular strength? Why does muscular strength improve your motor skills?	
Content	Five for Life p. 1.1-1.33 Muscular Strength: Muscular Strength & Muscular Endurance p. 1.13-1.16 OR Bones & Muscles for Life p. 3.15-3.38 -?	Muscular Strength Assessment - ? Functional Training (Various circuit training targeted toward muscular strength) p. 4.1-4.41 Five for Life: Muscular Strength & Muscular Endurance p. 1.13-1.16	Team & Individual Sports/Skills Lifetime Activities Low Organized Games & Activities	Gym Rules Class/Syllabus Set Up Sportsmanship
Skills/ Activities	Five for Life p. 1.1-1.33 • Need skills and activities Muscular Strength: Muscular Strength & Muscular Endurance p. 1.13-1.16 OR Bones & Muscles for Life p. 3.15-3.38 -? • Need skills and activities	Muscular Strength Assessment - ? • Need skills and activities Functional Training (Various circuit training targeted toward muscular strength) p. 4.1-4.41 • Weight Bar Lunge p. 4.19 • Weight Bar Bicep Curl p. 4.19 • Stretch Bands Exercises p. 4.20-4.23 • Medicine Ball Exercises p. 4.24-4.27 • Step Boxes Exercises p. 4.28-4.33 • Stability Ball Exercises p. 4.34-4.38 • Agility Rings Exercises p. 4.39-4.41 Five for Life: Muscular Strength & Muscular Endurance p. 1.13-1.16: Muscular Strength Activities • Advanced Muscular Strength and Muscular Endurance Activity p. 1.13-1.14 • Advanced Muscular Strength and Muscular Endurance Tag p. 1.15-1.16	Team & Individual Sports/Skills Examples: Tennis Soccer Touch Football • Throwing, ,catching Lifetime Activities Examples: Running • Running, pacing, positioning, sprints, overloading, racing Low Organized Games & Activities Examples: Frisbee Golf & Ultimate Frisbee • Throwing, catching, passing, running	Gym Rules • Locker Expectations • Safety Procedures in the Gym • Following Rules

Assessment	Bones & Muscles for Life Diagram Test p. 3.25-3.26 Bones & Muscles Written Assessment 3.37	Fitness Measurements p. 4.114-4.144 <ul style="list-style-type: none"> • Three-Minute Step (Exercise and Recovery Heart Rate) p. 4.130-4.131 • Push-Ups p. 4.134-4.135 	Teacher Observation/ Reflective Questions	Ongoing Assessment Discussed
Standards	1.3 Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance. 1.4 Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance.			
Equipment/ Resources	Five4Life Materials Target Heart Rate=Heart Health Level	Circuit Training Book DVDs	Activity Related Equipment	

April (Flexibility/ Nutrition)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	Why is it important to be flexible? What are my eating habits?	How does flexibility improve your performance? How do your nutritional habits affect your activity level?	What is the difference between dynamic and static stretching? What nutritional needs enhance your motor performance?	
Content	Healthy Habits for Life – Activity Log p. 2.1-2.14 Healthy Habits for Life – Nutrition p. 2.15-2.28 Nutrition: Healthy Food, Healthy Balance (Basic Book) p. 2.5, 2.6, 2.9, 2.10, 2.11 Circuit Training	Five for Life: Flexibility p. 1.17-1.24 Circuit Training p. 4.42-4.77 Healthy Habits for Life – Nutrition p. 2.15-2.28	Team & Individual Sports/Skills	Gym Rules Class/Syllabus Set Up Sportsmanship Respect
Skills/ Activities	Healthy Habits for Life – Activity Log p. 2.1-2.14 <ul style="list-style-type: none"> Activity Log - ? Healthy Habits for Life – Nutrition p. 2.15-2.28 <ul style="list-style-type: none"> Advanced Meal Planner p. 2.25-2.26 Nutrition: Healthy Food, Healthy Balance (Basic Book) p. 2.5, 2.6, 2.9, 2.10, 2.11 <ul style="list-style-type: none"> Vocabulary p. 2.5 Food Group Cube Warm-Up p. 2.6 My Pyramid for Kids p. 2.9 Calorie Burner p. 2.10 Calorie Counter p. 2.11 	Five for Life: Flexibility p. 1.17-1.24 <ul style="list-style-type: none"> Advanced Flexibility Activity p. 1.18-1.19 Creating Dynamic & static Stretching Routines p. 1.23-1.24: <ul style="list-style-type: none"> Daily Flexibility Warm-Up Stretching Routine Circuit Training p. 4.42-4.77 <ul style="list-style-type: none"> Warm-Up Circuits p. 4.51-4.55 Five Components of Fitness Circuits p. 4.56-4.59 Individual Component of Fitness Circuits p. 4.60-4.65 Individual Component of Fitness Circuit: Flexibility Circuit p. 4.64-4.65 Healthy Habits for Life – Nutrition p. 2.15-2.28 <ul style="list-style-type: none"> Food Pyramid p. 2.21-2.22 	Team & Individual Sports Skills Examples: Soccer <ul style="list-style-type: none"> Dribble, pass, shoot, trap Tennis <ul style="list-style-type: none"> Forehand, Backhand, Serving, volleys Softball <ul style="list-style-type: none"> Catching, throwing, hitting 	Gym Rules <ul style="list-style-type: none"> Locker Expectations Safety Procedures in the Gym Class/Syllabus Set Up Sportsmanship Respect

Assessment	Nutrition Log Student Assessment p. 2.27 Pre-Test 2.31-2.32 (Basic Book)	Sit and Reach 4.140 Observation		Ongoing Assessment Discussed
Standards	1.5 Understands relationship of nutrition and food nutrients to body composition and physical performance. 3.2 Evaluates health and fitness information.			3.3.1 Analyzes conflict situations.
Equipment/ Resources	Five for Life Handouts Target Heart Rate=Heart Health Level	Training Equipment 4.64 Sit and Reach Box		

May (Cardio Endurance)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	<p>What is cardiovascular endurance?</p> <p>Why is cardio endurance important in a fitness plan?</p> <p>How should it be implemented?</p>	<p>How can cardiovascular endurance improve my quality of life?</p>	<p>How will cardiovascular endurance help with my various sports related activities?</p>	
Content	<p>Cardiorespiratory System for Life p. 3.1-3.14</p> <p>Functional Training p. 4.1-4.41</p> <p>Steps for Life 4.96-4.113</p> <p>Heart Rate Monitors: Heart Health Pyramid p. 4.78-4.95</p> <p>Training Principles (FITT Principle) p. 1.34-1.48</p>	<p>Circuit Training 4.42-4.77</p> <p>Functional Training 4.1-4.41</p> <p>Fitness Measurements p. 4.114-4.144</p> <p>Steps for Life 4.96-4.113</p> <p>Heart Rate Monitors: Heart Health Pyramid 4.78-4.95</p>	<p>Team & Individual Sports Skills</p> <p>Outdoor Lifetime Activities</p> <p>Low Organized Games & Activities</p>	<p>Gym Rules</p> <p>Class/Syllabus Set Up</p> <p>Sportsmanship</p> <p>Emphasis on positive interaction during games</p>
Skills/ Activities	<p>Cardiorespiratory System for Life p. 3.1-3.14</p> <ul style="list-style-type: none"> Unit Guidelines p. 3.1-3.3 Introduction p. 3.4-3.5 Vocabulary p. 3.6 Advanced Cardiorespiratory Relay p. 3.7-3.9 Aerobic vs. Anaerobic p. 3.10 <p>Functional Training p. 4.1-4.41</p> <ul style="list-style-type: none"> Introduction p. 4.3 <p>Steps for Life p. 4.96-4.113</p> <ul style="list-style-type: none"> Walking Tag p. 101-4.102 Five for Life Pace Guide Challenge p. 4.103-4.105 Steps for Life Recording and Reflection p. 4.106-4.107 Steps for Life Recording and Reflection Sheet p. 4.108 Steps for Life Log and Graphing Activity p. 4.109 Steps for Life Log p. 4.110 Steps for Life Graph p. 4.111 <p>Heart Rate Monitors: Heart Health Pyramid p. 4.78-4.95</p> <ul style="list-style-type: none"> Unit Guidelines p. 4.78-4.79 Introduction p. 4.80-4.82 Vocabulary p. 4.83 Starting with a Heart Rate Monitor p. 4.84 	<p>Circuit training 4.42-4.77</p> <ul style="list-style-type: none"> Dynamic Workout DVD Dynamic Circuit Training Endurance jumping/jump rope Plyometric boxes <p>Functional Training p. 4.1-4.41</p> <ul style="list-style-type: none"> Equipment Miming and Describing p. 4.5-4.6 Wrinkled T-Shirt p. 4.7-4.8 Feeling the Core p. 4.9-4.10 Whole Class Functional Equipment Workout p. 4.11 Pillar of Human Movement Circuit p. 4.12-4.13 <p>Fitness Measurements p. 4.114-4.144</p> <ul style="list-style-type: none"> Mile run Rockport (3 min) bench step test Pacer test <p>Steps for Life p. 4.96-4.113</p> <ul style="list-style-type: none"> Pedometer Activity -? <p>Heart Rate Monitors: Heart Health Pyramid p. 4.78-4.95</p> <ul style="list-style-type: none"> Need skills and activities 	<p>Team & Individual Sports Skills</p> <p>Examples:</p> <p>Basketball</p> <ul style="list-style-type: none"> Dribble, Shooting <p>Volleyball</p> <ul style="list-style-type: none"> Bump, Set, Hit <p>Outdoor Lifetime Activity Examples:</p> <p>Badminton</p> <ul style="list-style-type: none"> Forehand, Backhand, Smash <p>Low Organized Games & Activities</p> <p>Examples:</p> <p>Pickleball</p> <ul style="list-style-type: none"> Volley, Smash, Overhead, Backhand 	<p>Gym Rules</p> <ul style="list-style-type: none"> Review Safety Procedures Locker Expectations Safety Procedures in the Gym <p>Class/Syllabus Set Up</p> <p>Sportsmanship</p> <p>Emphasis on positive interaction during games</p>

	<ul style="list-style-type: none"> Age Adjusted Maximum and Training Heart Rate Formulas p. 4.85-4.86 Heart Health Pyramid p. 4.87-4.88 Heart Health Pyramid Recording Chart p. 4.89 Heart Health Training Log p. 4.90-4.91 Training Principles (FITT Principle) p. 1.34-1.48 <ul style="list-style-type: none"> Cardiorespiratory Endurance Recording Activity p. 1.39 Cardiorespiratory Endurance Recording Chart p.1.40 Muscular Strength and Muscular Endurance Recording Activity p. 1.41-1.42 Muscular Strength and Muscular Endurance Recording Chart p. 1.43-1.44 			
Assessment	Cardiorespiratory System for Life Student Assessment p. 3.11-3.14 Training Principles Student Assessment p. 1.45-1.48 Heart Health Pyramid Student Assessment p. 4.92-4.93	Circuit Training Student Assessment 4.76-4.77 Pedometers: Steps for Life Student Assessment 4.112-4.113 (Walking Classes)	Teacher Observation Skill Testing	Ongoing Assessment Discussed
Standards	1.4 Understands the components of skill-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance. 1.4.1 Applies the components of skill-related fitness to physical activity.			
Equipment/ Resources	Five for Life Curriculum Wall Charts Target Heart Rate=Heart Health Level	Heart Rate Monitors Pedometers Circuit Training Equipment	Specific Sports Equipment for the Units Taught	

June (Body Composition)	Health & Fitness Academic Content	Fitness	Motor Skills	Social/Emotional/Safety
Essential Questions	Do my eating habits meet my nutritional needs? What is body composition?	How does body composition affect fitness outcomes?	How does BMI affect your motor movement?	
Content	Five for Life: Body composition Explanation p. 1.25-1.29	Post Fitness Assessments: Fitness Measurements p. 4.114-4.144 Five for Life: Body composition Explanation p. 1.25-1.29	Team & Individual Sports/Skills	Gym Rules Class/Syllabus Set Up Sportsmanship Honesty and Integrity
Skills/ Activities	Five for Life: Body composition Explanation p. 1.25-1.29 <ul style="list-style-type: none"> Body Composition Explanation p. 1.26 	Post Fitness Assessments: Fitness Measurements p. 4.114-4.144 <ul style="list-style-type: none"> Sit and Reach p. 4.140 Height & Weight p. 4.132 Pacer p. 4.133 Curl-Ups p. 4.129 Push-Ups p. 4.134-4.135 Five for Life: Body composition Explanation p. 1.25-1.29 <ul style="list-style-type: none"> Energy In/Energy Out p. 1.27 Healthy Body Card Game p. 1.28-1.29 	Team & Individual Sports Skills Examples: Soccer <ul style="list-style-type: none"> Dribble, pass, shoot, trap Tennis <ul style="list-style-type: none"> Forehand, Backhand, Serving, volleys Softball <ul style="list-style-type: none"> Catching, throwing, hitting 	Gym Rules <ul style="list-style-type: none"> Locker Expectations Safety Procedures in the Gym Class/Syllabus Set Up Sportsmanship Honesty and Integrity
Assessment	CBA Post Test Nutrition p. 2.32 Student Self-Assessment Paper???	Fitness Testing Five for Life Student Assessment (Body Composition Test) p. 1.30-1.31		Ongoing Assessment Discussed
Standards	1.3 Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance. 1.5 Understands relationship of nutrition and food nutrients to body composition and			1.3 Understands the components of health-related fitness and interprets information from feedback, evaluation, and self-assessment in order to improve performance. 1.5 Understands relationship of nutrition and food nutrients to body

	<p>physical performance.</p> <p>3.2 Evaluates health and fitness information.</p> <p>4.1 Analyzes personal health and fitness information.</p> <p>4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.</p>			<p>composition and physical performance.</p> <p>3.2 Evaluates health and fitness information.</p> <p>4.1 Analyzes personal health and fitness information.</p> <p>4.2.1 Evaluates concepts of a health, fitness, and nutrition plan and monitoring system, based on life and employment goals.</p>
Equipment/ Resources	<p>Teacher Handouts</p> <p>Test (CBA and Post-Test)</p> <p>Target Heart Rate=Heart Health Level</p>	<p>WELPRO Assessment</p> <p>Fitness Assessment Equipment</p>		