

Fitness		Health & Fitness Academic Content	Motor Skills	Social/Emotional/Safety
	Essential Questions	Why is it important to develop & maintain a life-long health & fitness plan?	To maintain life-long fitness. Why is it essential to develop cardio-respiratory fitness, flexibility & muscular endurance?	How does an individual develop one's mind, body & spirit?
	Content	Through a variety of fitness activities, students will gain a knowledge related to the importance of life-long health.	Running/walking Circuits Warm-ups	Students will understand various activities that promote a healthy mind, body & spirit.
	Skills/Activities	Students will perform various skill-related activities.	Static versus dynamic warm-up Running/walking Jump Rope Plyometrics Body weight activities Etc...	Various activities will be discussed, demonstrated &/or practiced daily.
	Assessment	Self -Assessment Teacher Assessment	Same as volleyball	See volleyball
	Standards	3.1 3.2 3.3	3.1 3.2 3.3 3.4 3.5 3.7	5.2 5.3

	Equipment/Resoures	Necessary fitness-related equipment	Jump ropes Circuit equipment Bikes, etc...	Sounds system for music or giving directions on a speaker. Music allows for a pleasant environment
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