



Curriculum Overview

Fit for Life

Course Description

This course is designed for students to be active in a non-competitive environment with exposure to a variety of fitness activities. Students will learn the knowledge and skills to be responsible for their own personal fitness and how to lead a healthy, active lifestyle.

Students will analyze their individual fitness needs, set goals, and work towards those goals in the areas of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. Students will also focus on at least 2 of the 6 Skill-Related Fitness components: Speed, Power, Agility, Balance, Coordination, and Reaction time. Students will write an individual fitness plan and carry out their individual fitness plans during the last 4 weeks of the term. Students will have the flexibility to build in activity based skills practice, if the space and facility allows it.

Possible class activities may include, but not limited to: walking, jogging, running, biking, cardio room, weight lifting, kettlebells, body weight exercises, TRX, yoga, body balls, bosu balls, foam rollers, speed, and agility drills, kickboxing, exercise videos, zumba, cross country skiing, and snowshoeing.

Enduring Understandings

Students will understand...

- Knowledge of the 5 Components of Fitness and their relationship to their overall health.
- Various physical activities impact heart rate.
- Using different formulas one can calculate their heart rate zones.
- Knowledge of one's own personal fitness and area of personal development must be considered.
- Setting a goal prior to building a plan allows for a clearer vision when putting it all together.
- Access and availability to equipment, spaces, etc. can alter one's plan.
- Doing something one loves can make moving more enjoyable.
- Safe practices while participating in physical activities prevent injury.
- Different exercises affect different muscles and areas in the body.
- Analyzing personal movement allows for appropriate techniques.
- Safe practices while participating in physical activities prevent injury.
- Physical activity choices directly impact our health daily.
- Creating a SMART Goal allows for a better plan to reach those goals.
- Principles of training must be taken into consideration when designing an appropriate fitness plan.
- The more personal a goal is the better.

Essential Questions

- What is the importance of knowing my resting heart rate, max heart rate, and target heart rate?
- What factors might affect my fitness level?
- How does my perceived exertion connect to my heart rate?
- How do I calculate my resting heart rate, max heart rate, and target heart rate?
- How can I effectively and efficiently create my own workout?
- How can I create a workout plan that I enjoy?
- How do I create a plan that reaches the goals I have set?
- When working with restrictions how do I create a plan that still caters to me?
- What are safe practices in the weight room?
- How do you identify skeletal muscles?
- How do different fiber types relate to muscle development?
- How do each strength exercise affect physical development?
- What is an appropriate technique for different fitness exercises?
- What are safe practices when stretching?
- What flexibility practices are best used for what?
- What does flexibility mean?
- What is the FITT Principle?
- What is the SAID Principle?
- What is the HIIT Principle?
- What is a SMART Goal?
- How does one analyze the different principles of training in relation to their own goals?
- What is something I want to achieve?

Units of Study

- Five Components of Fitness
 - Cardiovascular Fitness
 - Muscular Endurance
 - Muscular Strength
 - Flexibility
 - Body Composition
- Goal Setting/ Principles of Training
- Personal Fitness Planning

Primary Resources

- Shapeamerica.org
- Pecentral.org
- Peuniverse.org
- Movement Matters by Michael Beringer
- PhysEdgames.org
- GopherPEblog.org
- Polargofit.com
- Thepespecialist.com
- Youtube.com

- Tedtv.com
- Activities that Teach, Tom Jackson
- More Activities That Teach, Tom Jackson
- Project Adventure
- <https://www.rei.com/learn/expert-advice/>
- Cdc.gov