

Fitness and Conditioning

Updated Spring 2020

Course Description: This course is designed for students develop an interest in activities such as (Volleyball, Softball, Soccer, Football, Floor Hockey, Speedball, Basketball, Badminton, Pickle ball, Physical Fitness, Team Handball,yoga, Bowling) and an appreciation for physical activities that contribute to the development of an active lifestyle. Through the course, students will gain knowledge and the skills needed to develop a lifelong pattern of physical activity. Students will be able to identify the benefits of being physically active by being exposed to a wide variety of activities. Activities played, will occur in both and an indoor and outdoor setting. Students will be exposed to the relationships between physical activity, physical fitness, group interaction, cooperation, and appreciation for the abilities and limitations of self and others. Each student is required to dress out for daily participation points and letter grade. Proper gym clothing required includes closed toed tennis, t-shirt, shorts and/or athletic leggings.

Big Ideas: 1. I will learn the importance of being physically active. 2. I know how to be safe while participating in activities and games. 3. I will learn to set personal fitness goals.

Essential Learner Outcome Description Standards:

1. Students will acquire knowledge on a variety of lifetime activities. PA1A9a
2. Students will learn technique and strategies on how to perform a variety of lifetime activities. MP2A9a
3. Students will learn and practice the importance of proper stretching and yoga. PA3A9a
4. Show personal etiquette, respect, and safety skills during physical activities. HPE2a