

**Physical Education Standards**

**Fitness**

**Course Overview:** Fitness is a class designed for students to learn and focus on skills that will improve their overall fitness levels. Students in this class will learn about the 5 components of fitness and develop plans that will strive to improve each of these 5 areas. The Bigger Faster Stronger weight training program will be utilized in this class to develop proper muscular strength, endurance, and flexibility. Speed and agility training will also be used to improve on student’s quickness as well as cardiovascular fitness. The goal of this course is to develop an understanding in students that physical activity provides opportunities for enjoyment, challenge, self-expression, and positive social interaction.

**Bold standards are essential standards that all students will learn as they complete the course.**

**Unit 1- 5 components of Fitness (18 weeks)**

**Description:** In this unitstudents will be able to identify the 5 components of fitness and how they relate to their overall fitness Levels. Students will also be taught the concepts of heart rate and how they relate to fitness and their overall health.

**Standards**

1. **Students will know what muscular strength is and be able to identify it. (State PE standards: 1,3,4,6,7)**
2. **Students will know what muscular endurance is and how to identify it. (State PE standards: 1,3,4,6,7)**
3. **Students will know what cardiovascular endurance is and how to identify it. (State PE standards: 1,3,4,6,7)**
4. **Students will know what flexibility is and how to identify it. (State PE standards: 1,3,4,6,7)**
5. **Students will know what body composition is and how to identify it. (State PE standards: 1,3,4,6,7)**
6. **Students will learn what their target heart rate is and how it relates to their overall health and fitness. (State PE standards: 1,3,4,6,7)**

**Unit 2 Weight Training (18 weeks)**

**Description:** In this unit students will be taught basic weight training lifts and techniques in order to work on their muscular strength and endurance.

**Standards**

1. **The students will know how to perform proper lifting techniques as well as partake in a workout plan. (State PE standards: 3, 4)**
2. **Students will learn and be able to perform in a cardio vascular, speed and agility program working on improving their cardiovascular endurance as well as muscular endurance. (State PE standards:3,4)**

**Unit 3 Fitness Testing (18 weeks)**

**Description:** In this unit students will learn how to perform and improve in the different areas of fitness testing (Fit gram and presidential tests.

**Standards**

1. **Students will know how to run the pacer and understand how it relates to their fitness. (State PE standards:3,4)**
2. **Students will know how to perform the push up and sit up test and understand how it relates to their fitness. (State PE standards: 3, 4)**
3. **Students will be able to perform the sit and reach as well as the trunk lift. They will know how it relates to their fitness. (State PE standards3, 4 :)**
4. **Students will know how to do the shuttle run as well as know how it relates to their fitness. (State PE standards:3,4)**

**Unit 4 Speed, agility and plyometrics (18 weeks)**

**Description:** In this unit students will learn various exercises and drills designed to increase their own speed and agility

**Standards**

1. **Students will learn and perform speed and agility drills such as the dot drill, ground ladder, and ground hurdles. (State PE standards: 1, 2, 3, 4)**
2. Students will learn how to perform exercises using plyometric bands and boxes. (State PE standards: 1, 2, 3, 4)
3. Students will learn how and perform dynamic movements such as warmups and speed and agility training. (State PE standards: 1, 2, 3, 4)