

DEPARTMENT: PHYSICAL EDUCATION	COURSE TITLE: FITNESS
GRADE(S): 7-8	PRE-REQUISITES (IF ANY):NONE

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FRAMEWORK STRAND(S) & STANDARD(S)
Fitness/Wellness	6-12 days	<ul style="list-style-type: none"> History Safety Equipment Skills Concepts Terminology 	Understand: <ul style="list-style-type: none"> Monitoring Heart Rate Agility Balance Coordination Power Reaction Time Speed Body Composition Cardiovascular Endurance Flexibility Muscular Endurance Muscular Strength Use: <ul style="list-style-type: none"> Specificity Progression Overload Frequency Intensity Time Apply: <ul style="list-style-type: none"> Caloric Expenditure Activities Assessment 	<ul style="list-style-type: none"> Worksheets Skills Assessments Subjective Observations Written Tests Participation Journals/Charts 	Physical Health Strand LS 2
Conditioning	6-12 days	<ul style="list-style-type: none"> History Safety Equipment Skills Concepts Terminology 	Understand: <ul style="list-style-type: none"> Warm-up Stretching Demonstrate: <ul style="list-style-type: none"> Walking Jogging Running Use: <ul style="list-style-type: none"> Weight Training Circuit Training Recognize: <ul style="list-style-type: none"> Isometrics Isokinetics Plyometrics 	<ul style="list-style-type: none"> Worksheets Skills Assessments Subjective Observations Written Tests Participation Journals/Charts 	Physical Health Strand LS 2

Aerobic Walking	1-9 Days	<ul style="list-style-type: none"> • History • Safety • Equipment • Skills • Concepts • Terminology 	<p>Understand:</p> <ul style="list-style-type: none"> • Monitoring Heart Rate <p>Use:</p> <ul style="list-style-type: none"> • Walking Paces • Leisure • Speed • Endurance 	<ul style="list-style-type: none"> • Worksheets • Skills Assessments • Subjective Observations • Written Tests • Participation • Journals/Charts 	Physical Health Strand LS 2
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