

Fitness for Life 1

Course Goal: To enable students to obtain the knowledge and skills necessary to develop and maintain a health enhancing level of fitness and to increase physical competence, self-esteem and the motivation to pursue life-long physical activity.

Related Links	QUARTER 1
<ul style="list-style-type: none"> * Additional Course Information * Materials and Resources * Curriculum Maps * Directory 	<p><i>Student will be able to:</i> Obtain the knowledge and skills to evaluate personal fitness levels, create a fitness plan and increase physical fitness level.</p> <p>Essential Questions: How does a physically fit lifestyle affect personal, emotional and social health?</p> <p>Key assignments and assessments:</p> <ul style="list-style-type: none"> ➤ Written knowledge exams ➤ Fitness Plan Development Portfolios ➤ Post fitness assessments ➤ Participation in sport/activity tournament games
	QUARTER 2
	<p><i>Student will be able to:</i> Gain an understanding of the components of health related fitness, training principles and the benefits of being physically active.</p> <p>Essential Questions:</p> <ul style="list-style-type: none"> ➤ How do nutrition and exercise affect BMI to maintain and enhance physical fitness? ➤ How do social and personal behavior affect fitness training and sports participation? <p>Key assignments and assessments:</p> <ul style="list-style-type: none"> ➤ Written knowledge exams ➤ Fitness Plan Development Portfolio ➤ Post Fitness Assessments ➤ Journal (documentation of sport/activity participation outside of school) ➤ Participation in sport/activity tournament games ➤ Demonstration of peer coaching and referee assignments