

Fitness for Life 2

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

Related Links	QUARTER 1
<ul style="list-style-type: none"> * Additional Course Information * Materials and Resources * Curriculum Maps * Directory 	<p><u>Student will be able to:</u> Exhibit a physically active lifestyle through participation in a variety of fitness enhancing lifetime sports and activities.</p> <p>Essential Questions:</p> <ul style="list-style-type: none"> ➤ How is physical fitness assessed, developed and maintained? ➤ How does physical fitness and participation in sports/activities enhance personal, emotional and social health? <p>Key assignments and assessments:</p> <ul style="list-style-type: none"> ➤ Written knowledge exams ➤ Class discussion ➤ Fitness plan portfolio ➤ Skills assessments ➤ Peer coaching and assessment ➤ Social behavior in an activity setting
	QUARTER 2
	<p><u>Student will be able to:</u> Participate in activities designed to integrate health-related fitness concepts, conduct assessments and use the principles of training to plan and implement a lifelong personal fitness plan.</p> <p>Essential Questions:</p> <p>What factors should be considered when choosing and evaluating:</p> <ul style="list-style-type: none"> ➤ products and equipment? ➤ fitness facilities, programs and professionals? ➤ lifetime physical fitness activities? <p>Key assignments and assessments:</p> <ul style="list-style-type: none"> ➤ Written work ➤ Class discussion ➤ Fitness plan portfolio ➤ Participation in physical activity ➤ Social behavior in an activity setting ➤ Peer education and coaching ➤ Demonstration of skills