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.

<table>
<thead>
<tr>
<th>Related Links</th>
<th>QUARTER 1</th>
</tr>
</thead>
</table>
| • Additional Course Information | **Student will be able to:**  
Exhibit a physically active lifestyle through participation in a variety of fitness enhancing lifetime sports and activities. |
| • Materials and Resources | Essential Questions:  
➢ How is physical fitness assessed, developed and maintained?  
➢ How does physical fitness and participation in sports/activities enhance personal, emotional and social health? |
| • Curriculum Maps | Key assignments and assessments:  
➢ Written knowledge exams  
➢ Class discussion  
➢ Fitness plan portfolio  
➢ Skills assessments  
➢ Peer coaching and assessment  
➢ Social behavior in an activity setting |
| • Directory | QUARTER 2 |
|              | **Student will be able to:**  
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. |
|              | Essential Questions:  
➢ What factors should be considered when choosing and evaluating:  
➢ products and equipment?  
➢ fitness facilities, programs and professionals?  
➢ lifetime physical fitness activities? |
|              | Key assignments and assessments:  
➢ Written work  
➢ Class discussion  
➢ Fitness plan portfolio  
➢ Participation in physical activity  
➢ Social behavior in an activity setting  
➢ Peer education and coaching  
➢ Demonstration of skills |