**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.

### QUARTER 1

**Student will be able to:**
Obtain the knowledge and skills to evaluate personal fitness levels, create a fitness plan and increase physical fitness level.

**Essential Questions:**
How does a physically fit lifestyle affect personal, emotional and social health?

**Key assignments and assessments:**
- Written knowledge exams
- Fitness Plan Development Portfolios
- Post fitness assessments
- Participation in sport/activity tournament games

### QUARTER 2

**Student will be able to:**
Gain an understanding of the components of health related fitness, training principles and the benefits of being physically active.

**Essential Questions:**
- 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?

**Key assignments and assessments:**
- 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