Unit 4: PT- Fitness Circuit

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **December**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Individuals who learn to move safely, effectively and efficiently, and feel comfortable and confident in performance of motor skills are more likely to participate in health enhancing forms of physical activity throughout life.

Lifetime fitness depends upon understanding how each fitness component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle.

Essential Questions

How do I improve my cardiovascular fitness, muscular strength, and muscular endurance?

How does effective and appropriate movement affect wellness?

What is the minimum amount of exercise I can do to stay physically fit?

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

Content

physical fitness, circuit, health-related fitness, cardiovascular fitness, muscular strength, muscular endurance, pulse, resting heart rate, maximum heart rate, target heart rate, aerobic, anaerobic, isometric exercises, isotonic exercises, isokinetic exercises, repetition, set, resistance

Skills

Big Idea: Cooperation, Work Ethic, Skill Development, Physical Fitness

Resources

Free weights, weight plates, weight bars, kettlebells, exercise mats, treadmill, eliptical machine

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
0xHPE.2.5.12.C	Sportsmanship, Rules, and Safety
0xHPE.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
0xHPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
0xHPE.2.6.12.A	Fitness and Physical Activity
0xHPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
0xHPE.2.6.12.A.2	Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)
0xHPE.2.6.12.A.3	Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
0xHPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.