Unit 3: Personal Fitness is a Personal Matter

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 11**
Time Period: **School Year**
Length: **12 blocks**
Status: **Published**

Transfer

Personal Fitness is a Personal Matter

Enduring Understandings

A reasonable amount of flexibility is required to live a healthy and functional life.

Participating in activities that promote cardiovascular fitness strengthens the heart and reduces atherosclerosis.

Engaging in weight training programs you should always take the necessary steps to reduce the risk of injury.

Essential Questions

Why is flexibility important?

What benefits are gained from participation in activities promoting cardiovascular fitness?

What safety precautions should you follow when lifting weights?

Content

Joint, Ligament, Tendon, Muscle, Target Heart Rate, Atherosclerosis , Blood Pressure, Aerobic, Anaerobic, Arteries, Veins, Isometric Exercises,

Isotonic Exercises, Set, Repetition

Skills

Discuss why being flexible is important.

Compare and contrast the different types of stretches.

Discuss how blood flows through your body.

Understand the difference between muscular strength and muscular endurance.

Resources

Personal Fitness-Looking Good- Feeling Good, Google Docs, Sheets, Slides, Guest Speakers, YouTube Clips, DVD's

Assessments

Teacher Observation
Formative: Other Evidence: Other: Teacher Observation
Health 3 final Exam
Summative: Transfer Tasks: Test: Common
Quizzes relating to how the systems of your body operate along with how proper nutrition affects you
Formative: Other Evidence: Other: Quiz
Class discussions about understanding the difference between joints, ligaments, and tendons while a
Formative: Other Evidence: Oral: Discussion
Peer Teaching
Formative: Other Evidence: Other: Peer Assessment

Standards

HE.9-12.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HE.9-12.2.1.12.C	Diseases and Health Conditions

HE.9-12.2.1.12.C.1	Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.
HPE.2.1.12	All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.
HPE.2.1.12.A	Personal Growth and Development
HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.B	Nutrition
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.E	Social and Emotional Health
HPE.2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.
HPE.2.3.12	All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.
HPE.2.3.12.B	Alcohol, Tobacco, and Other Drugs
HPE.2.3.12.B.1	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.
HPE.2.3.12.B.2	Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
HPE.2.3.12.B.3	Correlate increased alcohol use with challenges that may occur at various life stages.
HPE.2.3.12.B.4	Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.