Fitness Circuit

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

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

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?

Content

Vocabulary

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

Learning Objectives

Analyze the benefits of participating in a fitness circuit.

Describe how participating in a fitness circuit can maximize health benefits and prevent exercise related injuries and illnesses.

Engage in a variety of sustained, vigorous physical activities while participating in a fitness circuit to enhance each component of fitness.

Perform at the intensity level needed throughout the fitness circuit to enhance cardiovascular fitness, muscular strength, and muscular endurance.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.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.
HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.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.
HPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.12.A	Fitness and Physical Activity
HPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
HPE.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)
HPE.2.6.12.A.3	Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.
HPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

Assessments

Written quizzes and tests
Formative: Other Evidence: Test: Written
Teacher observation
Summative: Transfer Tasks: Other: Teacher Observation
Active participation
Summative: Transfer Tasks: Performance: Authentic Task
Proper demonstration of the different exercises throughout the fitness circuit by the students
Summative: Transfer Tasks: Performance: Skill Demonstration

Class discussions
Summative: Transfer Tasks: Oral: Discussion