

# Lifetime Fitness Curriculum Map

School: The Delaware Met

Curricular Tool: N/A

Course: Physical Education 9-12

Standards Alignment	Unit Concepts	Essential Questions	Assessments
<b>Module One: Introduction to Physical Education and Fitness Concepts</b> <b>Timeline : 9 lessons</b>			
<p><b>Standard 3</b> – Participates in regularly in physical activity.</p> <p><b>Standard 4</b> – Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>Standard 5</b> – Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p><b>Standard 6</b> – Creates opportunities for health, enjoyment, challenge, self-expression, and/or social interaction through physical activity.</p>	<p><b>Enduring Understandings:</b>            Participation in fitness activities can be fun.            How fitness components promote a healthy lifestyle.            Fitness is a personal choice.</p> <p><b>Module Concepts:</b>            Students will describe various fitness concepts</p> <ul style="list-style-type: none"> <li>• flexibility</li> <li>• cardiovascular endurance</li> <li>• muscular Strength</li> <li>• muscular Endurance</li> <li>• agility</li> </ul> <p>Students will learn movement concepts necessary for physical activity and explain how</p> <ul style="list-style-type: none"> <li>• to move safely in a general space to avoid injury</li> <li>• aerobic activities impacts physical and mental health</li> <li>• to build muscular strength and endurance</li> <li>• agility impacts physical activity</li> <li>• to calculate body composition and explain why it matters</li> <li>• physical activity impacts overall health</li> <li>• to improve physical fitness and create a list of activities that builds fitness and explain the benefits of physical activity/physical education.</li> </ul> <p>Students will participate in</p> <ul style="list-style-type: none"> <li>• goal setting using the information obtained from the fitnessgram assessment</li> <li>• a class discussion that will center around how fitness components promote a healthy lifestyle.</li> </ul>	<p><b>Essential Questions:</b></p> <p>Why is physical fitness good for you?</p> <p>How can I have fun moving?</p> <p>What are the personal and social behavioral expectations in physical activity settings?</p> <p>What can I do to be physically active throughout my life?</p> <p>What personal meanings do I find through participation in physical activity?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher observation</li> <li>• Student behavior</li> </ul> <p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Exit Slip</li> <li>• Graphing Worksheets</li> <li>• Transfer task</li> <li>• Physical activity log</li> </ul> <p><b>Fitnessgram Assessment:</b></p> <ul style="list-style-type: none"> <li>• Student test scores entered into the fitnessgram program</li> <li>• Completed fitness plan</li> </ul>
<p><b>Lifetime Fitness Applications:</b></p> <ul style="list-style-type: none"> <li>• YMCA Partnership – Group exercise classes (aerobics, step, Zumba, yoga, etc.), introduction to weight training, spinning class, swimming</li> <li>• Empowered Yoga</li> <li>• Mountain biking adventures</li> <li>• Walking for Fitness Club</li> <li>• 5K conditioning Club</li> <li>• Wilmington Youth Rowing Association</li> </ul>			

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<b>Module Two: Team Building (DDOE Unit) and Team Sports</b> <b>Timeline: 9 lessons</b>			
<p><b>Standard 5</b> – Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p><b>Enduring Understandings:</b> Physical activity performed safely prevents injuries. Resolving conflict in a physical activity setting leads to a more enjoyable experience.  Teambuilding develops leadership skills as students complete tasks with a group.  Trust is an integral part of building relationships.</p> <p><b>Module Concepts:</b> Students will be able to</p> <ul style="list-style-type: none"> <li>• listen to other peoples ideas</li> <li>• effectively resolve conflicts during activities</li> <li>• demonstrate self-control</li> <li>• trust and depend on teammates</li> </ul>	<p><b>Essential Questions:</b> What are personal and social behavioral expectations in physical settings?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher observations</li> </ul> <p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Journaling of the debriefing questions</li> <li>• Challenge Worksheet</li> <li>• Student check sheet for presenting</li> <li>• Transfer task</li> <li>• Written rules of roles and regulations</li> </ul>
<p><b>Standard 1</b> – Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p> <p><b>Standard 2</b> – Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>Standard 6</b> – Creates opportunities for health, enjoyment, challenge, self expression, and/or social interaction through physical activity.</p>	<p><b>Enduring Understandings:</b> The concepts of movement will improve performance of a specific skill and provide the foundation for variety of sports and activities.  Effective offensive and defensive strategies are both necessary for game situations.  Integrating fitness concepts and skills into your everyday routine that supports wellness.</p> <p><b>Module Concepts:</b> Students will be able to demonstrate</p> <ul style="list-style-type: none"> <li>• mechanically correct form and control when combining and modifying movement skills in applied settings</li> <li>• use information to analyze and correct errors in movement skills and patterns for the applied settings</li> <li>• transfer specialized movement skills that use similar patterns form one movement activity to another</li> <li>• predict changes in movement performance on the application of balance, counter balance, weight transfer,</li> </ul>	<p><b>Essential Questions:</b> How do I make motor skills and physical activity and integral part of my life?  What concepts, principles, strategies and tactics apply to team sports?  What personal meaning do I find through participation in physical activity on a team?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher observation</li> </ul> <p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Skills worksheet</li> <li>• Written test of rules and regulations</li> <li>• Transfer task</li> <li>• Physical activity log</li> </ul>
		<p><b>Lifetime Fitness Applications:</b></p> <ul style="list-style-type: none"> <li>• YMCA Partnership – Swimming relays, basketball, racquetball, squash, volleyball, indoor soccer</li> <li>• Mountain biking adventures –race teams</li> <li>• 5K running relays</li> <li>• Wilmington Youth Rowing Association</li> </ul>	

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	and agility <ul style="list-style-type: none"> <li>• understanding and assess tactical understanding using offensive and defensive strategies in applied settings,</li> <li>• investigate the impact of rules and regulations on the game,</li> <li>• how participating in a sport can impact our health.</li> </ul>		
<b>Module Three: Walking for a Lifetime of Fitness (DDOE Unit) and Individual Sports</b> <b>Timeline: 9 lessons</b>			
<p><b>Standard 3</b> – Participates in regularly in physical activity.</p> <p><b>Standard 4</b> - Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>Standard 6</b> - Creates opportunities for health, enjoyment, challenge, self-expression, and/or social interaction through physical activity.</p>	<p><b>Enduring Understandings:</b>            Everyone needs to be physically active.</p> <p>Physical fitness contributes to quality of life.</p> <p>Physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression, and/or social interaction.</p> <p><b>Module Concepts:</b>            Students will know</p> <ul style="list-style-type: none"> <li>• proper stretching for walking</li> <li>• how to use a pedometer</li> <li>• how many steps they need to take daily to maintain fitness levels</li> <li>• the health and social benefits of walking</li> </ul> <p>Students will be able to</p> <ul style="list-style-type: none"> <li>• use a pedometer correctly, reading and recording data</li> <li>• explain why walking is an important lifetime activity</li> <li>• plan a walking route based on their personal environment and step needs</li> <li>• use the Nordic Walkerz correctly and demonstrate various techniques/grips</li> </ul>	<p><b>Essential Questions:</b>            What can I do to be physically active throughout my life?            How can I include physical fitness into my life?            What personal meaning do I find through participation in physical activity?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher observation of proper pedometer usage</li> </ul> <p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Guess Your Steps Worksheet</li> <li>• Scavenger Hunt Worksheet</li> <li>• Individual Walking Logs</li> <li>• Transfer task</li> </ul>
<p><b>Standard 1</b> – Demonstrates competency in motor skills and movement patterns needed to perform a variety</p>	<p><b>Enduring Understandings:</b>            Performing movement skills in a technically correct manner protects your muscular and skeletal systems.</p>	<p><b>Essential Questions:</b>            How do I make motor skills and physical activity and integral part of my life?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher observation</li> </ul>

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<p>of physical activities.</p> <p><b>Standard 2</b> – Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p> <p><b>Standard 6</b> – Creates opportunities for health, enjoyment, challenge, self expression, and/or social interaction through physical activity.</p>	<p>Understand concepts of movement will improve performance of a specific skill and provide the foundation for variety of sports and activities.</p> <p>Integrating fitness concepts and skills into your everyday routine supports wellness.</p> <p><b>Module Concepts:</b> Students will be able to</p> <ul style="list-style-type: none"> <li>• demonstrate technically correct form and control when combining and modifying movement skills in applied settings</li> <li>• use information to analyze and correct errors in movement skills and patterns for the applied settings</li> <li>• transfer specialized movement skills that use similar patterns from one movement activity to another</li> <li>• predict changes in movement performance on the application of balance, counter balance, weight transfer, and agility</li> <li>• explain the impact of rules and regulations on the game and how participating in a sport can impact our health.</li> </ul>	<p>What concepts principles, strategies and tactics do apply to specific physical activity?</p> <p>What personal meaning do I find through participation in physical activity?</p> <p><b>Lifetime Fitness Applications:</b></p> <ul style="list-style-type: none"> <li>• YMCA Partnership – Group exercise classes (aerobics, step, Zumba, yoga, etc.), introduction to weight training, spinning class, swimming</li> <li>• Empowered Yoga</li> <li>• Mountain biking adventures</li> <li>• Walking for Fitness Club</li> <li>• 5K conditioning Club</li> <li>• Wilmington Youth Rowing Association</li> </ul>	<p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Skills worksheet</li> <li>• Written test of rules and regulations</li> <li>• Various worksheets</li> <li>• Transfer task</li> </ul>
<p><b>Module Four: Lifetime of Physical Activity and Fitness Gram Post-Test</b> <b>Timeline: 9 lessons</b></p>			
<p><b>Standard 1</b> – Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities</p> <p><b>Standard 2</b> – Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	<p><b>Enduring Understandings:</b> Participation in fitness activities can be fun. How fitness components promote a healthy lifestyle. Fitness is a personal choice.</p> <p><b>Module Concepts:</b> Students will be able to</p> <ul style="list-style-type: none"> <li>• explain how to improve physical fitness</li> <li>• create a list of activities that builds fitness</li> <li>• research a list of places in the community that are available for physical fitness activities</li> <li>• explain the benefits of physical activity</li> </ul>	<p><b>Essential Questions:</b> Why is physical fitness good for you? How can I have fun moving? What can I do to be physically active throughout my life? What personal meanings do I find through participation in physical activity?</p>	<p><b>Informal:</b></p> <ul style="list-style-type: none"> <li>• Teacher Observation</li> </ul> <p><b>Formal Assessment:</b></p> <ul style="list-style-type: none"> <li>• Student test scores entered into the fitnessgram program</li> <li>• PE Module Project</li> <li>• Personal Fitness Plan and Resource List</li> </ul> <p><b>Fitness Gram Assessment:</b></p> <ul style="list-style-type: none"> <li>• Student test scores entered into the fitnessgram program</li> </ul>

Standards Alignment	Unit Concepts	Essential Questions	Assessments
<p><b>Standard 3</b> – Participates in regularly in physical activity.</p> <p><b>Standard 4</b> – Achieves and maintains a health-enhancing level of physical fitness.</p> <p><b>Standard 5</b> – Exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p> <p><b>Standard 6</b> - Creates opportunities for health, enjoyment, challenge, self-expression, and/or social interaction through physical activity.</p>	<ul style="list-style-type: none"> <li>• develop a PE module to be taught to freshman</li> <li>• develop a fitness plan for themselves for their junior and senior years of high school.</li> </ul>	<p></p> <p><b>Lifetime Fitness Applications:</b></p> <ul style="list-style-type: none"> <li>• YMCA Partnership – Group exercise classes (aerobics, step, Zumba, yoga, etc.), weight training, spinning class, swimming, squash, racquetball, basketball, volleyball</li> <li>• Empowered Yoga</li> <li>• Mountain Biking Adventures</li> <li>• Walking for Fitness Team</li> <li>• 5K Running Team</li> <li>• Wilmington Youth Rowing Association</li> <li>• Orienteering and Geo-caching</li> <li>• Backcountry hiking and mountain climbing</li> </ul>	<ul style="list-style-type: none"> <li>• Reflection on the effectiveness of the fitness plan</li> </ul>