

High School Fitness Unit

Fall Semester

Objectives

1. Students will learn and appreciation for fitness
2. Students will learn the importance of fitness assessments and exercise.
3. Students will create a fitness profile over the course of their time in P.E. at WHS and be able to evaluate their fitness level with the data provided.
4. Students will learn the importance of target heart rate.

Goals

1. Students will dress and participate.
2. Students will develop a personal fitness file
3. Students will improve overall fitness through various activities.
4. Students will evaluate data collected through fitness pre-assessments and post-assessments.

Differentiation

Students who are not as willing to participate in team sports are given fitness options. These activities include walking or running with a heart rate monitor or walking with a pedometer. These are fitness-based activities and we want our students involved in movement.

High School Fitness Unit

Days 1-10 Pre-assessment

Equipment: Heart rate monitors and straps, rulers, sit and reach box, blood pressure machines, fitness center kiosk, chest press and leg press machine, steps, stereo and sound system, cassette tape

Objectives

1. Students will pre-assess in the following areas: Height, weight, body composition (body-fat content), step test, shoulder flexibility, hip flexibility, blood pressure, resting heart rate, upper body strength (chest press) and lower body strength (leg press).

Day 11 Fitness Center

Equipment: Heart rate monitors and straps, fitness center aerobic equipment and weight machines (18 stations)

Objectives

1. Students will learn the importance of fitness activities.
2. Students will improve cardiovascular and muscular and skeletal fitness.

Day 12 Activities/Team Sports

Equipment: Heart rate monitors, pedometers, softball equipment, flag football equipment, field hockey equipment, European team handball equipment, badminton equipment, basketball equipment, ultimate frisbee equipment.

Objectives

1. Students will improve cardiovascular fitness by walking/running outside on days that weather permits (pedometers and heart rate monitors will be frequently used).
2. Students will cooperate with each other during participation in various team sports such as softball, ultimate frisbee, field hockey, flag football, European team handball, badminton, and basketball.

Days 13-72

Odd days will be the same as day 11

Even days will be the same as day 12

**We split our students so all of them get maximum amount of activity during the semester. Our activities that occur on the even days change about every 3 weeks.

Days 73-84 Post-assessments

Day 85 Final Exam

