

Course Title: Lifetime Fitness (P.E.)

Board Approval Date: August 2017

Credit (Secondary): .5

Grade Level: 11, 12

Course Summary with Big Ideas:

The Lifetime Fitness Course will offer a variety of activities to help students to understand how to live a healthy lifestyle during and after the high school years. The activities will include, walking, jogging, biking, team activities, weight training, use of cardio machines, yoga, pilates, flexibility activities, fitness circuits along with other types of healthy activities. The students will be required to develop and follow their own fitness program as approved by the instructors as the semester goes along. The course will be in alliance with the Pennsylvania Health, Safety and Physical Education Standards evolving around Standards: 10.4.12.A **Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.** Standard - 10.4.12.D **Evaluate factors that affect physical activity and exercise preferences of adults.** Standard - 10.4.12.E **Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.** Standard - 10.5.12.A **Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.** Standard - 10.5.12.D **Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.**

Grade Level Modules (Units):

Suggested Timeline

of Weeks or # of Class Periods/Lessons 39 Lessons/Semester

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| 1. Outdoor activities (Walking, Jogging, Biking, Team Sports) | 12 classes |
| 2. Fitness Center Introduction | 3 classes |
| 3. Instructor organized workouts | 6 classes |
| 4. Student Individualized Program | 18 classes |

Learning Activities/Modes of Formative and Summative Assessment:

Assessments will Include:

- Teacher Observation
- Heart Rate Monitoring
- Distance Completed of Cardio Activities
- Developing of Individual Programs
 - Outdoor Program
 - Indoor Program

Primary Instructional Resources:

- Fitness Center to include Free Weights, Pin Loaded Weights, Cardio Machines
- Outdoor Space for Walking, Jogging, Biking
- Turf Field for Game Activities
- Gymnasium
- Various Phys. Ed Equipment
- Marked Off Trails for Biking, Jogging and Walking