

Personal Fitness

Teacher: Mitch Harmoning, Heidi Leland

September 2020

Content	Skills	Learning Targets	Standards	Assessment	Resources & Technology
<p>CEQ: ° WHAT IS HEALTHY LIVING?</p> <p><i>UEQ:</i> °What is anaerobic fitness? °What is aerobic fitness? °What is muscular endurance? °What is the importance of warm-ups and cool-downs?°</p> <p>Cardiovascular and Muscular Fitness</p> <p>1. Cardiovascular Fitness 2. P-90X 3. Insanity 4. Resistance Training</p>	<p>Cardiovascular and Muscular Fitness</p> <p>1. Demonstrate proper technique of various fitness activities (P-90X; Insanity; and weight training). 2. Participate in fitness runs being in target heart rate zone for 20-35 minutes. 3. Participate in fitness videos being in target heart rate zone for at least 30 minutes. 4. Identify and demonstrate proper technique of upper and lower body weight training exercises. 5. Use proper form and technique to complete fitness tests aligned with the</p>	<p>Cardiovascular and Muscular Fitness</p> <p>LT1. I can demonstrate how to effectively use a heart rate monitor. LT2. I can exercise at different levels of intensity with and without a heart rate monitor. LT3. I can identify the major muscle groups and perform exercises to target those muscles. LT4. I can perform all exercises using proper form and technique. LT5. I can demonstrate perfect sets & reps. LT6. I can perform a back squat with perfect form. LT7. I can perform a</p>	<p>MN State Physical Ed Standards</p>	<p>Cardiovascular and Muscular Fitness</p> <p>CFA = Body Weight Assessment CSA = 1/2 Mile Run CSA= Max bench CSA= Max Squat CSA = Pull-ups CFA = Individual Heart Rate data downloaded on a weekly basis and compared to rubric. CSA = Fitness Run zones CFA= Weight room log</p>	<p>Cardiovascular and Muscular Fitness</p> <p>Weight Room P90X Videos Heart Rate Monitors Polar Software Computer Lab Guest instructors</p>

<p>5. Guest instructor workouts 6. Fitness Testing</p>	<p>presidential fitness standards</p>	<p>bench press with perfect form. LT8. I can perform an estimated max test for bench press and back squat. LT9. I can perform a one repetition max test for bench press and back squat. LT10. I can identify different types of cardio and strength exercises (latest trends) and explain which I prefer and why.</p>			
--	---------------------------------------	---	--	--	--