

Body Shaping & Toning

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CONTENT	SKILLS	LEARNING TARGETS	STANDARDS	ASSESSMENT	RESOURCES & TECHNOLOGY
<p>CEQ:</p> <ul style="list-style-type: none"> WHAT DOES IT MEAN TO BE PHYSICALLY FIT? <p>UEQ:</p> <ul style="list-style-type: none"> <i>What are ways to measure fitness?</i> <i>What are ways to achieve fitness?</i> <i>What are activities I can do now and in the future to improve my health and fitness?</i> <p>Cardiorespiratory Endurance & Bone Strengthening</p> <p>1. Fitness Activities</p> <ul style="list-style-type: none"> - Insanity - P90X - HIIT - Crossfit - Tabata - Interval training 	<p>Cardiorespiratory Endurance & Bone Strengthening</p> <p>1a. Demonstrate proper technique of various fitness activities/exercises</p> <p>1b. Participate in fitness activities being in target heart rate zone for at least 30 minutes.</p> <p>2a. Correctly use the heart rate monitors</p> <p>2b. Pacing</p> <p>2c. Measure Fitness (recovery heart rate)</p> <p>3a. Pacing</p> <p>3b. Breathing</p> <p>3c. Record Keeping</p> <p>3d. Challenge yourself/compete</p> <p>Muscle Strength & Endurance</p> <p>1-3a. Proper form/technique</p>	<p>Cardiorespiratory Endurance & Bone Strengthening</p> <p>LT1. I can exercise at different levels of intensity with and without a heart rate monitor.</p> <p>LT2. I can demonstrate how to effectively use a heart rate monitor.</p> <p>LT3. I can walk/run a 5k.</p> <p>Muscle Strength & Endurance</p> <p>LT1. I can identify the major muscle groups and perform exercises to target those muscles.</p> <p>LT2. I can perform all exercises using</p>		<p>Cardiorespiratory Endurance & Bone Strengthening</p> <p>CA = Mile fitness test</p> <p>CA = Written bone and muscle test</p> <p>CA - Fitness Runs</p> <p>Muscle Strength & Endurance</p> <p>CA = Sit-ups, Pull-ups, Push-ups, Wall sit fitness tests</p> <p>CA = Self-created workout</p>	<p>Cardiorespiratory Endurance & Bone Strengthening</p> <p>Polar Heart Rate Monitors</p> <p>Polar Software</p> <p>P90X videos</p> <p>Insanity videos</p> <p>Presidential Fitness Standards rubric</p> <p>Muscle Strength & Endurance</p> <p>Presidential Fitness Standards rubric</p>

<p>- Yoga</p> <p>2. Fitness Runs</p> <p>- Zone Training</p> <p>3. Mile Run</p> <p><i>UEQ:</i></p> <ul style="list-style-type: none"> • <i>What are ways to measure fitness?</i> • <i>What are ways to achieve fitness?</i> • <i>What are activities I can do now and in the future to improve my health and fitness?</i> <p>Muscle Strength & Endurance</p> <ol style="list-style-type: none"> 1. Resistance Training 2. Yoga 3. Pilates 4. Push-ups 5. Pull-ups 6. Wall Sit 7. Sit-ups 	<p>1-3b. Challenge yourself</p> <p>1-3c. Make adjustments</p> <p>1d. Perfect Repetition</p> <p>1e. Prefect Set</p> <p>1f. Record what you do</p> <p>1g. Pacing/tempo</p> <p>1h. Organization</p> <p>4-7a. Form/Technique</p> <p>4-7b. Record/Grade Effort</p>	<p>proper form and technique.</p> <p>LT3. I can demonstrate how to do a perfect repetition and set.</p> <p>LT4. I can analyze and give feedback to my partner during various bone and muscle strengthening workout.</p> <p>LT5. I can compare my physical performance to the presidential and national fitness standards for the mile, push-up, sit-up, wall sit and pull-up tests.</p>			
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