

Personal Fitness 10

Teacher: STMA HS Phy Ed Teachers

September 2020

| Content | Skills | Learning Targets | Assessment | Resources & Technology |
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| <p>CEQ:</p> <ul style="list-style-type: none"> •WHAT IS HEALTHY LIVING? <p>UEQ:</p> <ul style="list-style-type: none"> °What are basic weight room terms? °What are the benefits of strength training? °What is the proper technique for specific exercises? °What are the lifters responsibilities? °What are the spotters responsibilities? °What are some strength training misconceptions? °What is the proper warm-up and cool-down? °What is anaerobic fitness? °What is aerobic fitness? | <p>A. Muscular and Cardiovascular Fitness</p> <p>A1-A3. Identify the importance of a strength program and record keeping</p> <p>A1-A7. Identify the importance of a warm-up and cool-down when working out.</p> <p>A1-A6. Identify and demonstrate proper technique of various fitness activities (Upper Body Lifts, Lower Body Lifts, Spotting, P-90X)</p> <p>A4-A5. Compare and contrast muscular strength and muscular endurance</p> <p>A7. Compare and contrast anaerobic and aerobic fitness</p> <p>A7. Determine Target Heart Rate zone and identify individual work</p> | <p>I can demonstrate how to effectively use a heart rate monitor.</p> <p>I can exercise at different levels of intensity with and without a heart rate monitor.</p> <p>I can identify the major muscle groups and perform exercises to target those muscles.</p> <p>I can demonstrate how to do a perfect rep and set.</p> <p>I can demonstrate the proper technique for performing a bench press.</p> <p>I can demonstrate proper technique for performing a back squat.</p> <p>I understand and can perform an estimated max</p> | <p>A. Muscular and Cardiovascular Fitness</p> <p>CA = A1-A7. Body Weight Assessment</p> <p>CA = A7. Mile Run</p> <p>CA = A7. Timed Run</p> <p>CA = A7. Individual Heart Rate data downloaded on a weekly basis and compared to rubric. (attached)</p> <p>CA = A7. Fitness Run zones (attached)</p> <p>CA = A1. Sets/Reps recorded on individual weight room cards. (attached)</p> <p>CA = A1-A7. Teacher observation of various activities.</p> <p>CA = A5/A7 - Pull-up Test</p> <p>CA = A4-A5 - Situps in a minute</p> <p>CA = A4-A5 - Push-up Test</p> <p>CA = A4-A5 - Wall-sit Test</p> <p>CA = A4-A5 - Bench Press Max Test</p> <p>(technique is priority)</p> <p>CA = A4-A5 - Back Squat Max Test</p> <p>(technique is priority)</p> | <p>A. Muscular and Cardiovascular Fitness</p> <p>A1-A5. Weight Room</p> <p>A4. Coach My Video app on teacher ipad</p> <p>A6. P-90X Videos (Ab Ripper X, Yoga X, Interval X, Plyo X)</p> <p>A7. Heart Rate Monitors</p> <p>A7. Polar Software</p> |

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| <p>A. Muscular and Cardiovascular Fitness</p> <ul style="list-style-type: none"> A1. Strength Program A2. Technique A3. Spotter and Lifter Responsibilities A4. Muscle Strength A5. Muscle Endurance A6. P90X A7. Cardiovascular Fitness | <p>A7. Participate in fitness runs being in target heart rate zone for 20-35 minutes. </p> | <p>and one repetition max test for bench press and back squat.</p> <p>I can compare my physical performance to the presidential and national fitness standards for the push-up, sit-up, mile run, pull-up, wall sit and timed run test.</p> | | |
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