

LIFETIME FITNESS

LENGTH OF TIME: 1 semester

GRADE LEVEL: 10 – 12

DESCRIPTION OF COURSE:

This is a course offered for students in grades 10-12. The class is scheduled for three periods of physical education in a six-day cycle. This course will focus on individual or partner lifetime activities; (tennis, frisbee, paddleball, badminton, pickleball, volleyball, walking courses, gym games, and fitness). Students will develop their knowledge and skill level, as well as transfer these skills into game play. We will practice proper warm-up and cool-down activities, however, most fitness will be gained through the activities. Physical Education is required for a minimum of three semesters throughout a student's high school career.

COURSE STANDARDS:

Students will:

1. Demonstrate individual development in motor fitness and physical fitness, including aerobic fitness and skills in lifetime sports and outdoor activities to promote lifelong physical activities. (NPES 1-5; PA Std 10.4.12 a, b, e, f; 10.5.12 a, b, c, d, e, f)
2. Develop leadership skills and the ability to work cooperatively in team sports or other developmentally appropriate group activities. (NPES 3, 4, 5; PA Std 10.5.12 f; 10.4.12 f)

NATIONAL PHYSICAL EDUCATION STANDARDS:

Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

PENNSYLVANIA STANDARDS FOR HEALTH, SAFETY AND PHYSICAL EDUCATION:

Standard Area- 10.1 Concepts of Health

Standard Area- 10.3 Safety and Injury Prevention

- C. Strategies to Avoid/Manage Conflict
- D. Safe Practices in Physical Activity

Standard Area- 10.4 Physical Activity

- A. Physical Activities that Promote Health and Fitness
- B. Effects of Regular Participation
- E. Physical Activity and Motor Skill Improvement
- F. Physical Activity and Group Interaction

Standard Area- 10.5 Concepts, Principles and Strategies of Movement

- A. Movement Skills and Concepts
- B. Motor Skill Development
- C. Practice Strategies
- D. Principles of Exercise/Training
- E. Scientific Principles that Affect Movement
- F. Game Strategies

PERFORMANCE ASSESSMENTS:

Students will demonstrate achievement of the standards by:

1. Students will demonstrate the components of a physical fitness routine that will include a formal warm-up and conditioning program with an emphasis on flexibility, cardiovascular fitness and strength training. The physical education staff will monitor and adjust this program to enhance each individual's level of fitness. (Course Standard 1)
2. Students will assess their own fitness levels at the beginning and end of the semester by participating in the FitnessGram Test. The PE staff will record their scores and determine whether or not each student is in the healthy fitness zone for each particular test. (Course Standard 1)
3. Students will demonstrate a basic level of competence in the following units:
 - tennis, frisbee, paddleball, badminton, pickleball, volleyball, walking courses, gym games, and fitness (Course Standard 1, 2)
4. Students will develop cooperative learning strategies by assuming the different roles of leader, facilitator, recorder, and reporter. Students will learn leadership skills and how to be a contributing member of a group. (Course Standard 2)
5. Students will recognize and encourage the unique abilities and potential of others by participating in team sports and group activities. (Course Standard 2)

TITLES OF UNITS:

1. Tennis
2. Frisbee
3. Paddleball
4. Volleyball
5. Fitness
6. Aerobic Activities

7. Badminton
8. Gym Games
9. Pickleball

SAMPLE INSTRUCTIONAL STRATEGIES:

1. Command and task
2. Cooperative learning
3. Task sheets
4. Problem solving
5. Projects
6. Demonstration/role play
7. Game situation
8. Critical thinking scenarios

MATERIALS:

1. Athletic equipment particular to the sport and activity. (Purple Gym; Fitness Center; Track/Turf Field)

METHODS OF ASSISTANCE AND ENRICHMENT:

1. Differentiated instruction
2. Additional make-up opportunities/tutoring by teacher
3. Varsity or more gifted athletic students serve as team leaders and group facilitators
4. Small group instruction for remedial work (peer-tutoring)

METHODS OF EVALUATION:

1. Written tests/quizzes
2. Five basic benchmarks which are ongoing:
 - a. a quality level of effort and participation should be displayed at all times
 - b. a mature attitude should be displayed at all times
 - c. demonstration of an acceptable level of skill and/or an improvement in skill level
 - d. showing respect for others (staff, class members) while in group, teams, or class activities.
 - e. student demonstrates safety during activity and when using equipment
3. Skill testing system instituted- Pre/Post Assessments
4. Projects
5. Class Participation
6. Weight Room Participation

INTEGRATED ACTIVITIES:

Reading/Writing- Students are assigned to read different articles on the particular sport being taught in class. Some units will require that students provide a written summary of the article issued.

Math- Students will be able to calculate their target heart rate.