

7/8 Grade Personal Fitness

The following learning targets represent the major concepts studied and assessed in this course.

Semester 1:

Unit 1: Fitness Testing

- Identify the five components of health-related fitness (muscular strength, muscular endurance, flexibility, cardiorespiratory endurance and body composition).
- How do I assess a situation to make it safe for my friends and self.

Unit 2: Bones/Muscles

- I can describe how muscles move in pairs.
- I can adjust physical activity based exercise needed for minimal health.
- I can participate in physical activity for at least 60 minutes per day.

Unit 3: Stretching (Static/Dynamic)

- I can understand the difference between dynamic and static stretches.
- I can understand how flexibility can decrease injury prevention.
- can adjust my physical activity based on current fitness level.
- I can participate in moderate to vigorous physical activity for at least 60 minutes per day at least 5 times a week.

Unit 4: Identifying Exercises

- I can describe the difference between intrinsic and extrinsic motivation.
- I can adjust physical activity based on my current fitness level.
- I can participate in moderate to vigorous physical activity for at least 60 minutes per day at least 5 times a week.

Unit 5: Strength Based Exercises

- I can participate in physical activity at least 3 times a week.
- I can adjust physical activity based on my current fitness level.
- I can participate in physical activity for at least 60 minutes per day.

Unit 6: Yoga/Stress Reducing Activities

- I can explain what lifelong enjoyment activities through physical activity.
- I can adjust physical activity based on my current fitness level.
- I can participate in physical activity for at least 60 minutes per day.

Unit 7: Heart Rate

- Students can use RPE scale to determine work effort or intensity of exercise.
- I can describe the overload principle (FITT formula).
- I can adjust physical activity based on my current fitness level.
- I can participate in physical activity for at least 60 minutes per day.

Unit 8: Rhythm

- I can perform proper rhythm for a variety of dances.
- I can identify and eliminate barriers relating to my lifestyle.
- I can participate in physical activity correctly and safely.

Semester 2:

Unit 1: Weight Management/Nutrition

- Student will be able to read data to help with weight management
- Student will be able to record data in order to recognize their progress with weight management
- Students will keep a food log to track nutrition.

Unit 2: Identifying Barriers

- Students will be able to recognize what limits them to working out
- Students will participate in activities that will help their endurance
- Students will be able to recognize safety precautions while working out
- Students will read and record data to see how fit they are
- Students will reflect on how well they participated in class

Unit 3: Self Care

- Students will be able to identify self care
- Students will be able to find ways to help take care of themselves
- Students will be able to identify activities that make them feel better mentally and emotionally
- Students will self observe on how well they participated in class

Unit 4: Goals

- Students will be able identify the goal setting process
- Students will be able to create a short term fitness goal
- Student will self observe on their participation for the week

Unit 5: Fitness Challenges

- Students will be able know what a fitness challenge is
- Students will find ways to participate in fitness challenges
- Students will improve own fitness level

Unit 6: Anaerobic vs. Aerobic

- Students will be able to identify the difference between aerobic and anaerobic exercises
- Student will be able to use their knowledge of heart rate monitoring
- Students will be able to self observe on how well they participated in class

Unit 7: Create a workout

- Students will be able to incorporate a warm up and cool down into their own workout plan
- Students will be able to define the parts of the FITT formula
- Students will be able to participate in physical activity for 30-60 minutes

Unit 8: Health vs. Skill Related Fitness

- Students will be able to define and identify the components of skill related fitness
- Students will be able to differentiate between health and skill related fitness components
- Students will be able to participate in a variety of health and skill related fitness tests

Unit 9: Step Tracking

- Students can keep a fitness log to track their steps.
- Students can apply rules to the activity.
- Students can be safe while outside