

Subject: Fitness Grade: 9-12

<b>Standard(s)</b>	<b>Unit/Topic</b>	<b>Essential Skills: What do students absolutely need for the next level?</b>	<b>Resources Used</b>	<b>Assessment</b>
NYS Health: 1.1 NYS Health: 1.4 NYS Health: 1.6 NYS Health: 1.9 NY.S3.1.L2 NY.S3.2.L2 NY.S5.1.L2	Intro into Wellness, Fitness, and Lifestyle Management	What is the difference between Health and Wellness?  What are the Dimensions of Wellness?  What factors influence Wellness?  What is the Behavior Change Process?  How to create a Fitness plan.	Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness	Chapter quizzes and tests  Fitness Testing  Activity Log

<p>NYS Health: 1.1  NYS Health: 1.4  NYS Health: 1.6  NYS Health: 1.9  NY.S5.1.L2  NY.S6.2.L2</p>	<p>Principles of Physical Fitness</p>	<p>What is the difference between Physical Activity and Exercise?</p> <p>What is the difference between Moderate and Vigorous Activity/Exercise?</p> <p>What are the five Components of HealthRelated Physical Fitness?</p>	<p>Fit &amp; Well: Core Concepts and Labs in Physical Fitness and Wellness</p>	<p>Chapter quizzes and tests</p> <p>Fitness Testing</p> <p>Activity Log</p>
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<p>NYS Health: 1.1  NYS Health: 1.3  NYS Health: 1.6  NYS Health: 1.8  NYS Health: 1.9  NY.S1.3.L2  NY.S3.1.L2  NY.S3.2.L2  NY.S5.1.L2  NY.S6.2.L2</p>	<p>Cardiorespiratory  Endurance</p>	<p>How do the Cardiovascular and Respiratory systems work together?</p> <p>How does your Heart Rate differ between resting and activity?</p> <p>Where does your body get energy from?</p> <p>How does Cardiorespiratory Endurance fit into the F.I.T.T. principle?</p> <p>What is Blood Pressure and how do I take it?</p> <p>Injury prevention during exercise.</p>	<p>Fit &amp; Well: Core Concepts and Labs in Physical Fitness and Wellness</p>	<p>Chapter quizzes and tests</p> <p>Fitness Testing</p> <p>Activity Log</p> <p>Blood Pressure Lab</p>

<p>NYS Health: 1.1</p> <p>NYS Health: 1.5</p> <p>NYS Health: 1.6</p> <p>NYS Health: 1.8</p> <p>NYS Health: 1.9</p> <p>NY.S1.3.L2</p> <p>NY.S3.1.L2</p> <p>NY.S3.2.L2</p> <p>NY.S5.1.L2</p> <p>NY.S6.2.L2</p>	<p>Muscular Strength and Endurance</p>	<p>What is a muscle and its composition?</p> <p>What is the difference between a Static and Dynamic exercise?</p> <p>What is the difference between Concentric and Eccentric contractions?</p> <p>What are various types of Training Methods and Equipment?</p> <p>How do I apply F.I.T.T. to Muscular Strength and Endurance?</p>	<p>Fit &amp; Well: Core Concepts and Labs in Physical Fitness and Wellness</p>	<p>Chapter quizzes and tests</p> <p>Fitness Testing</p> <p>Activity Log</p> <p>Weight Room</p> <p>Demonstration</p>
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