

Personal Fitness II

Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self concept appropriate to social and emotional behaviors, self-direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement Develop an awareness of safety practices and procedures

Elective

PE.PFII. Personal Fitness
Analyze baseline knowledge and understanding of personal goals in continuation of an individualized fitness program Continue individualized exercise programs making assessments and adjustments with a more in-depth knowledge and value base that effect total fitness and development of higher levels of understanding, commitment and intrinsic values of fitness-for-life principles

Grades 10-12

Standard Indicators

PE.PFII.10. Exercise Physiology—Students will demonstrate an ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational and life tasks.

PE.PFII.10.01 Identify physical fitness components and the role they play in the total body wellness

PE.PFII.10.01.a Identify personal fitness needs PE 1.12.2

PE.PFII.10.01.b Implement an individualized fitness program

PE.PFII.10.01.c Formulate an individualized fitness program
PE 1.12.3, PE 5.12.2

- PE.PFII.10.01.d** Assess individual progress PE 1.12.4
- PE.PFII.10.02** Participate in fitness activities that can continue through life
 - PE.PFII.10.02.a** Participate in different methods of conditioning for the total body (isotonic/isometric exercise, calisthenics, aerobic activities)
 - PE.PFII.10.02.b** Participate in an individualized exercise program using fitness apparatus PE 1.12.7, PE 5.12.5
 - PE.PFII.10.02.c** Identify the benefits attained through physical activity
 - PE.PFII.10.02.d** Participate in regular daily exercise PE 5.12.5
- PE.PFII.20.** Biomechanical Principals—Students will improve their movement effectiveness and safety by applying the principles of biomechanics to generate and control force.
 - PE.PFII.20.01** Apply correct biomechanical and physiological principles to exercise and training
 - PA.PFII.20.01.a** Demonstrate correct exercise techniques
 - PE.PFII.20.02** Display skills that aid in self-defense
 - PA.PFII.20.02.a** Participate in preventative strategies
 - PA.PFII.20.02.b** Relate the importance of individual fitness to protection
 - PA.PFII.20.02.c** Demonstrate basic self-defense skills
 - PE.PFII.20.03** Relate basic anatomy to exercise
 - PA.PFII.20.03.a** Identify muscle groups and bones
 - PA.PFII.20.03.b** Identify specific muscles as they relate to individual exercise
- PE.PFII.30.** Social Psychological principles—Students will demonstrate skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
 - PE.PFII.30.01** Demonstrate personal autonomy, responsibility, honesty and a positive competitive spirit while working respectfully and cooperatively with others
 - PE.PFII.30.01.a** Value peer assistance by using classmates' comments constructively in an effort to enhance performance PE 3.12.3
 - PE.PFII.30.01.b** Support peer leadership in activities
 - PE.PFII.30.01.c** Respond consistently in a mature and positive manner to class and game decisions PE 3.12.6
 - PE.PFII.30.01.d** Exhibit caring behaviors by showing concern and helping others PE 3.12.4
 - PE.PFII.30.01.e** Respond appropriately to ethical and unethical behaviors demonstrated in a

- variety of physical activity settings PE
3.12.1
- PE.PFII.30.02** Relate the effects of exercise to stress management
- PE.PFII.30.02.a** Recognize stressors
- PE.PFII.30.02.b** Practice coping mechanisms for stress prevention management PE 3.12.4
- PE.PFII.30.02.c** Name sources of support PE 3.12.5
- PE.PFII.30.02.d** Participate in exercise as a diversion from stress
- PE.PFII.30.02.e** Evaluate levels of stress
- PE.PFII.40.** Motor Learning Principles—Students will explain and demonstrate how motor skills are learned and proficiency developed through frequent practice opportunities in which skills are repeatedly performed correctly and in a variety of situations.
- PE.PFII.50.** Physical Activity—Students will participate in a regular, personalized, purposeful program of physical activity to gain health and cognitive/academic benefits. They will learn and utilize principles of exercise physiology, social psychology and biomechanics to design a safe and effective program consistent with their health, performance and fitness goals.
- PE.PFII.50.01** Demonstrate fitness levels as defined by an individualized program
- PE.PFII.50.01.a** Plan a personal exercise program
- PE.PFII.50.01.b** Participate in a personal exercise program PE 5.12.5
- PE.PFII.50.02** Explain the importance of warming up and cooling down as related to exercise PE 5.12.4
- PE.PFII.50.03** Demonstrate proper warm-up and cool-down techniques PE 5.12.4
- PE.PFII.50.04** Apply the basic exercise principles (progression, threshold, target) to conditioning
- PE.PFII.50.05** Apply heart rate (resting, working, recovery) principles to workout evaluation
- PE.PFII.50.06** Evaluate nutritional needs conducive to individual fitness needs
- PE.PFII.50.06.a** Compare caloric intake to caloric expenditure PE 1.12.5
- PE.PFII.50.06.b** Analyze body type (frame)
- PE.PFII.50.06.c** Discuss eating disorders and health problems they cause (Anorexia Nervosa/Bulimia)
- PE.PFII.50.06.d** Evaluate an individual weight management program PE 1.12.5
- PE.PFII.60.** Skillfulness—Students will enhance their ability to perform a variety of skills and applications by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill

themes, and applying skills to a variety of recreational and daily life experiences.