

Grading Period	Big Ideas/Enduring Understandings	Essential Questions	Focus TEKS Student Expectations
1 st	<p>Fitness/Fitnessgram: Fitness includes body composition, aerobic capacity, muscular strength, muscular endurance and flexibility as well as agility, balance, coordination, power, reaction time, and speed. Fitness evaluations such as Fitnessgram help to determine individual physical fitness levels. Applying components of exercise prescription such as the frequency, intensity and time help to increase physical fitness.</p>	<ol style="list-style-type: none"> 1. How does your physical fitness level affect your exercise routine? 2. How do training principles help you to improve your fitness levels? 3. What is the difference between aerobic exercises and anaerobic exercises? 4. How does Fitnessgram testing help you to set your fitness goals? 5. How do you know if you are becoming more fit? 	<p>AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> <p>AC1.3F: Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance.</p> <p>AC1.3G: Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>AC1.3H: Explain the effects of substance abuse on personal health and performance in physical activity.</p> <p>AC1.4B: Identify and apply rules and procedures that are designed for safe participation.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear.</p> <p>AC1.5A: Evaluate personal skills and set realistic goals for improvement.</p> <p>AC1.L: Complete pre/post test for the PACER, curl ups, pushups, BMI, back saver sit and reach, and trunk lift.</p>
	<p>Cardiovascular Activities: Aerobic activities are those that are continuous and require large amounts of oxygen. There is a wide variety of aerobic activities that help to increase cardiovascular endurance. These activities can include videos, jump rope, aerobic dance movements, recreational dance, step aerobics, Swiss ball routines and exercise bands. Cardiovascular endurance can be monitored and tracked by using activity and nutrition journals.</p>	<ol style="list-style-type: none"> 1. How does participation in regular aerobic activities increase cardiovascular fitness? 2. How does aerobic activity affect your health? 3. What is the purpose of monitoring your heart rate during aerobic activities? 4. What is the difference between exercises for cardiovascular conditioning and exercises for muscular strength conditioning? 5. Why is it important to vary your 	<p>AC1.1A: Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.</p> <p>AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>AC1.2C: Develop an appropriate conditioning program for the selected activity.</p> <p>AC1.2D: Identify correctly the critical elements</p>

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		cardiovascular workout routine?	for successful performance within the context of an activity. AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge. AC1.3C: Analyze and compare health and fitness benefits derived from participating in selected aerobic activities. AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals. AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span. AC1.4C: Explain why and how a rule provides safe practices in participation. AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways. AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.
	<p>Circuit/Weight Training: Weight training includes using different types of weight resistance to increase muscular strength and muscular endurance. Examples of weight resistance exercises/activities include Swiss balls, stretch bands, Sand Bells, and jump ropes. Proper instruction on lifting as well as safety procedures such as spotting during weight training allows for maximum participation and best results.</p>	<ol style="list-style-type: none"> 1. What are examples of weight lifts that increase upper body strength? 2. What are examples of weight lifts that increase lower body strength? 3. What are the benefits of a circuit training workout? 4. What could happen if a spotter is not used when lifting weights? 5. How do the different activities for weight training affect muscular strength and endurance? 	AC1.1B: Consistently perform skills, strategies, and rules at a basic level of competency. AC1.2A: Use internal and external information to modify movement during performance. AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity. AC1.2C: Develop an appropriate conditioning program for the selected activity. AC1.2D: Identify correctly the critical elements for successful performance within the context of an activity such as a workout performance. AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. AC1.3C: Analyze and compare health and

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			fitness benefits derived from participating in selected activities. AC1.3D: Establish realistic yet challenging health-related fitness goals. AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals. AC1.3F: Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. AC1.4B: Identify and apply rules and procedures that are designed for safe participation. AC1.4C: Explain why and how a rule provides safe practices in participation. AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear. AC1.5C: Accept successes and performance limitations and self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.
	<p>Flexibility Activities: Flexibility is the range of motion possible around a specific joint. Flexibility is specific to a given joint or movement. A person may not be able to function normally if a joint lacks normal movement. The ability to move a joint through an adequate range of movement is important for daily activities in general as well a sports performance. A variety of equipment and activities can help increase flexibility.</p>	<ol style="list-style-type: none"> 1. What are examples of static stretching? 2. What are examples of dynamic stretching? 3. How does participating in Yoga activities increase your flexibility? 4. What effect does your level of flexibility have on your ability to move? 5. Why is recovery time important when working out? 	AC1.1B: Consistently perform skills, strategies, and rules at a basic level of competency. AC1.2A: Use internal and external information to modify movement during performance. AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity. AC1.2D: Identify correctly the critical elements for successful performance within the context of an activity. AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge. AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance,

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			muscular strength and endurance, flexibility, and body composition. AC1.3D: Establish realistic yet challenging health-related fitness goals. AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals. AC1.3F: Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. AC1.4B: Identify and apply rules and procedures that are designed for safe participation. AC1.4C: Explain why and how a rule provides safe practices in participation. AC1.5C: Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.
	<p>Wellness Topics: The Target Heart Rate or Training Heart Rate (THR) is a desired range of heart rate reached during aerobic exercise which enables one's heart and lungs to receive the most benefit from a workout. This theoretical range varies based on a person's physical condition, gender, and previous training. For exercise to be the most beneficial, a person must stay in their Target Heart Rate Zone for an extended period of time. To develop muscular strength and endurance weights of some kind are usually used whether in a weight room or just individually. Proper instruction on lifting as well as safety procedures such as spotting during weight training allows for maximum participation and best results. Identifying the muscles used in cardiovascular</p>	<ol style="list-style-type: none"> 1. What modifications might be made to a cardiovascular workout to ensure that a person remains in their target heart rate zone? 2. How would working with a person who does not understand weight safety affect your workout routine? 3. How does an in depth knowledge of the muscles help to improve a muscular workout? 	AC1.1A: Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics. AC1.2A: Use internal and external information to modify movement during performance. AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity. AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge. AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition. AC1.3F: Describe two training principles

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	<p>endurance, muscular strength and endurance as well as flexibility allows for a better understanding of the purpose of the exercises used.</p>		<p>appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance. AC1.3G: Select and use appropriate technology tools to evaluate, monitor, and improve physical development. AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span. AC1.4B: Identify and apply rules and procedures that are designed for safe participation. AC1.4C: Explain why and how a rule provides safe practices in participation. AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear. AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways. AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>
<p>2nd</p>	<p>Cardiovascular Activities: Aerobic activities are those that are continuous and require large amounts of oxygen. There is a wide variety of aerobic activities that help to increase cardiovascular endurance. These activities can include videos, jump rope, aerobic dance movements, recreational dance, step aerobics, Swiss ball routines and exercise bands. Cardiovascular endurance can be monitored and tracked by using activity and nutrition journals.</p>	<ol style="list-style-type: none"> 1. How does participation in regular aerobic activities increase cardiovascular fitness? 2. How does aerobic activity affect your health? 3. What is the purpose of monitoring your heart rate during aerobic activities? 4. What is the difference between exercises for cardiovascular conditioning and exercises for muscular strength conditioning? 5. Why is it important to vary your cardiovascular workout routine? 	<p>AC1.1A: Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics. AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity. AC1.2C: Develop an appropriate conditioning program for the selected activity. AC1.2D: Identify correctly the critical elements for successful performance within the context of an activity. AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge.</p>

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			<p>AC1.3C: Analyze and compare health and fitness benefits derived from participating in selected aerobic activities.</p> <p>AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals.</p> <p>AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>
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	<p>several components which affect our overall health status. The four components of health related fitness are cardiovascular fitness, muscular strength and endurance, flexibility and body composition.</p> <p>Skill Related Fitness refers to the ability to perform well in physical activities and sports. To improve the performance in sporting activities such as running, gymnastics etc., a person needs to work on skill related fitness. The components of skill related fitness are agility, balance, coordination, speed, reaction time, and power.</p> <p>A warm up and cool down are essential in exercise safety. Anytime a person is exercising, there is a possibility for injury. To reduce injury it is important to take extra precautions such as dress appropriately for weather and climate, exercise with a buddy, carry a phone in case of an emergency, exercise in familiar surroundings, and if exercising at night, carry a light and wear reflective clothing.</p> <p>Environmental influences on exercise and exercise routines include dehydration, heat cramps, heat exhaustion and heat stroke. It is important to drink water before, during and after workouts to prevent dehydration.</p> <p>Tobacco and alcohol are major issues for our nation. Students should not only be educated on these topics, but they should also understand the gravity of how their choices to engage in substance abuse will affect their life. Cigarettes contain over 40 poisonous chemicals and smoking interferes with the normal working of the lungs. Alcohol slows down the central nervous system, impairing vision, reaction time, and coordination. Alcohol also impairs judgment and causes an increase in risk-taking behavior.</p>		<p>AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span.</p> <p>AC1.4B: Identify and apply rules and procedures that are designed for safe participation.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear.</p> <p>AC1.5A: Evaluate personal skills and set realistic goals for improvement.</p> <p>AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>AC1.5C: Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.</p> <p>AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

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	<p>Long-term drinking can cause tissue damage and increases the risk for high blood pressure, heart rhythm disorders, heart muscle disorders, stroke, and the development of cancers and liver disease.</p>		
<p>3rd</p>	<p>Cardiovascular Activities: Aerobic activities are those that are continuous and require large amounts of oxygen. There is a wide variety of aerobic activities that help to increase cardiovascular endurance. These activities can include videos, jump rope, aerobic dance movements, recreational dance, step aerobics, Swiss ball routines and exercise bands. Cardiovascular endurance can be monitored and tracked by using activity and nutrition journals.</p>	<ol style="list-style-type: none"> 1. How does participation in regular aerobic activities increase cardiovascular fitness? 2. How does aerobic activity affect your health? 3. What is the purpose of monitoring your heart rate during aerobic activities? 4. What is the difference between exercises for cardiovascular conditioning and exercises for muscular strength conditioning? 5. Why is it important to vary your cardiovascular workout routine? 	<p>AC1.1A: Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.</p> <p>AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>AC1.2C: Develop an appropriate conditioning program for the selected activity.</p> <p>AC1.2D: Identify correctly the critical elements for successful performance within the context of an activity.</p> <p>AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge.</p> <p>AC1.3C: Analyze and compare health and fitness benefits derived from participating in selected aerobic activities.</p> <p>AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals.</p> <p>AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

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	<p>Wellness Topics: Diabetes and obesity are two major health concerns today and it is important that proper</p>	<ol style="list-style-type: none"> 1. What role does nutrition have in the prevention of obesity? 2. How does lack of sleep affect physical 	<p>AC1.1A: Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging,</p>

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	<p>nutrition is followed to help eliminate these issues. The only effective method for losing weight is to eat less and exercise more. Many people have used the USDA Food Guide Pyramid as the guide for planning meals. The Food Guide Pyramid has had a makeover. It is now referred to as “Choose MyPlate” The focus is on portion sizes for individual meals as well as eating an overall balanced diet the guidelines are simple: Enjoy food but eat less; Avoid oversized portions; Make half your plate fruits and vegetables; Make at least half you grains whole grains; Switch to fat free or low fat milk; Compare sodium in foods and chose the food with lower numbers; Drink water instead of sugary drinks.</p> <p>Getting enough sleep and rest is a key component for personal fitness plans and goals to be successful. This includes proper sleep at night and proper rest in between workouts and individual sets. Teenagers need more sleep because of their rapid growth and activity. If teenagers do not have enough sleep, they can develop sleep deprivation, which can result in having problems getting up in the morning or falling asleep, being sleepy, and being irritable during the day.</p> <p>Stress is related to both external and internal factors. External factors involve the physical environment, including job, relationships, home, challenges, difficulties, and expectations. Internal factors determine your body’s ability to respond to, and deal with, external stress factors and can influence your ability to handle stress. Internal factors include your nutritional habits, overall health and fitness levels, emotional well-being, and the amount of sleep and rest you get. Exercising on a regular basis is a great stress relief activity. Other stress relief</p>	<p>performance?</p> <ol style="list-style-type: none"> 3. How would motivation help you to reach your fitness goals? 4. How could the proper workout equipment help in increasing your fitness levels? 5. What is the relationship between community connections for fitness and achieving fitness goals? 	<p>power walking, recreational dance, and step aerobics.</p> <p>AC1.1B: Consistently perform skills, strategies, and rules at a basic level of competency.</p> <p>AC1.2A: Use internal and external information to modify movement during performance.</p> <p>AC1.2B: Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>AC1.3A: Select and participate in aerobic activities that provide for enjoyment and challenge.</p> <p>AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> <p>AC1.3C: Analyze and compare health and fitness benefits derived from participating in selected activities.</p> <p>AC1.3D: Establish realistic yet challenging health-related fitness goals.</p> <p>AC1.3E: Develop and participate in a personal fitness program that has the potential to provide identified goals.</p> <p>AC1.3G: Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>AC1.4A: Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span.</p> <p>AC1.4B: Identify and apply rules and procedures that are designed for safe participation.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear.</p> <p>AC1.5A: Evaluate personal skills and set</p>

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	<p>activities include, the elimination of drugs and alcohol and counseling.</p> <p>There are several factors that contribute to self-motivation. These factors include self-esteem, desire to succeed, will power, mental stability, family, life goals, daily activities, and daily pleasures. All of these factors will directly affect motivation and in turn success in all areas of life.</p> <p>Consumerism is a modern movement for the protection of the consumer against useless, inferior, or dangerous products, misleading advertising, unfair pricing, etc. As consumers, it is our job to stay abreast of current trends in advertising so as not to be duped into spending money carelessly. The weight management and exercise industries are notorious for attempting to sell a new product with a miracle cure.</p> <p>Physical inactivity has been identified as the fourth leading risk factor for global mortality causing an estimated 3.2 million deaths globally. Regular moderate intensity physical activity, such as walking, cycling, or participating in sports, has significant benefits for health by reducing the risk of cardiovascular diseases, diabetes, colon and breast cancer, and depression. Adequate levels of physical activity will decrease the risk of a hip or vertebral fracture and help control weight</p> <p>Developing personal fitness goals during your teen years is essential to maintaining good health throughout your life. Personal fitness for a lifetime is an achievable goal. As you get older, however, you will need to adjust your personal fitness program to meet your changing needs. For example, you may have to adjust</p>		<p>realistic goals for improvement.</p> <p>AC1.5B: Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>AC1.5C: Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice.</p> <p>AC1.5D: Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>AC1.L: Complete pre/post test for the PACER, curl ups, pushups, BMI, back saver sit and reach, and trunk lift.</p>

Grading Period	Big Ideas/Enduring Understandings	Essential Questions	Focus TEKS Student Expectations
	<p>your FITT for selected activities to enable you to recover more completely between workouts. Done regularly, leisure-time activities can improve some aspects of health-related or skill-related fitness.</p> <p>Community connections are also important to continuing a lifetime plan of physical fitness. Knowing what is around you and involving yourself in activities that you enjoy are important for success.</p> <p>Fitness/Fitnessgram: Fitness includes body composition, aerobic capacity, muscular strength, muscular endurance and flexibility as well as agility, balance, coordination, power, reaction time, and speed. Fitness evaluations such as Fitnessgram help to determine individual physical fitness levels. Applying components of exercise prescription such as the frequency, intensity and time help to increase physical fitness.</p>	<ol style="list-style-type: none"> 1. How does your physical fitness level affect your exercise routine? 2. How do training principles help you to improve your fitness levels? 3. What is the difference between aerobic exercises and anaerobic exercises? 4. What are examples of the Fitnessgram assessments? 5. How do you know if you are becoming more fit? 	<p>AC1.3B: Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.</p> <p>AC1.3F: Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardio-respiratory endurance.</p> <p>AC1.3G: Select and use appropriate technology tools to evaluate, monitor, and improve physical development.</p> <p>AC1.4B: Identify and apply rules and procedures that are designed for safe participation.</p> <p>AC1.4C: Explain why and how a rule provides safe practices in participation.</p> <p>AC1.4D: Describe equipment and practices that decrease the likelihood of injury such as proper footwear.</p> <p>AC1.5A: Evaluate personal skills and set realistic goals for improvement.</p> <p>AC1.L: Complete pre/post test for the PACER, curl ups, pushups, BMI, back saver sit and reach, and trunk lift.</p>