

Physical Education: Personal Fitness - Term 1

Standards	Performance Objectives	Lesson Title	Activities	Google Doc Link	Content/Resources/Description/Notes		
Week 1: Welcome to Physical Education - Personal Fitness	By the end of this week, participants will be able to... Navigate a course in D2L Locate important course information i.e. syllabus View the instructor profile. Communicate with instructor and peers. Construct a Class Directory entry. Communicate effectively in an online class discussion ice-breaker. Participate in community building. Initiate Fitness Log. Define each of the components of physical fitness. Describe the benefits of a warm-up and cool-down. Select activities that meet personal needs. Log activity habits to facilitate behavior change. Count pulse accurately. Explain the relationship between skill-related fitness, health-related fitness and performance.	1.0 Overview Checklist	Access and utilize the checklist of weekly activities. Read a welcome letter.				
		1.1 Welcome to VHS	Read about your course, view important documents and learn about any needed course materials. Create an entry in our Class Directory with text and graphics.				
		1.2 Course Overview, Syllabus, and Materials	Read about what you can expect from me and what is expected of you in this course. Post to your PT. Contribute two statements to our class contract. Negotiate statements offered by others.				
		1.3 Introduce Yourself	Participate in an introductory discussion to get to know your classmates. Read about exercise sessions. Summarize the parts of an exercise session and why each part is important. Share images of the five types of exercise.	Why take online PE? What is your ideal exercise program?			
		1.4 Expectations					
		1.5 Introducing Online Community					
		1.6 Meet Each Other					
		1.7 What Are the Three Parts of an Exercise Session & Why Are They Important?					
		1.8 Five Types of Exercise					
		1.9 Knowing the Basics of Physical Fitness	Take a quiz on the components of fitness				
Week 2: How Fit Are You?	By the end of this week, participants will be able to... Analyze fitness levels according to national standards. Self-assess and evaluate cardiorespiratory fitness level using the criterion-referenced cardiorespiratory health-related fitness standards for age and gender. Self-assess and evaluate muscular strength and endurance, flexibility and body composition fitness levels using the criterion-referenced fitness standards for age and gender. Apply the principles of training	2.0 Overview Checklist	Access and utilize the checklist of weekly activities	https://docs.google.com/document/d/			
		2.1 Aerobic Capacity	One-mile run or the walk test.				
		2.2 Body Composition	Determine BMI				
		2.3 Abdominal Strength and Endurance	Curl-up				
		2.4 Trunk Extensor Strength and Flexibility	Trunk lift				
		2.5 Upper Body Strength and Endurance	90° push-up				
		2.6 Flexibility	Shoulder stretch				
		2.7 Pre-Assessment Results	Share and submit pre-assessment results. Determine your starting point. Read about about the principles and methods of training. Discuss expectations for your own personal fitness.	http://www.bbc.co.uk/schools/gcseb	http://www.slideshare.net/DanielAgegnehu/10-principles-of-training-15347280	Kate is 16, and plays hockey. Read the following extract in which she describes her training. At present, I am training three times a week, every week, but at first I only went once a week. I use a couple of different methods of training, but I make sure that I focus on tasks appropriate for my activity. At the end of each session, I plan the next one, gradually increasing the amount of work that I do when I think it's becoming too easy. a) State four principles of training she applies. b) For each of the principles you have identified, give an example from the extract to support your answer	
		2.8 Principles and Methods of Training	Take a short quiz on the principles and methods of training.				
		2.9 Principles and Methods of Training Quiz					
Week 3: Benefits of Exercise	By the end of this week, participants will be able to... Learn about the different types of exercise and how they can improve your health. Identify the physical benefits of regular participation in physical activity Apply knowledge to improve motor skills and movement patterns, fitness, and physical activities. Choose to exercise regularly for personal enjoyment and benefit. Develop and implement a plan for improving or maintaining health-related fitness.	3.0 Overview Checklist	Access and utilize the checklist of weekly activities Read and discuss Physical Activity and Health - A Report of the Surgeon General. Many people make a new years resolution to exercise more and or watch their diet. Why do people make a resolution to get involved in physical activity? Why do so many fail to meet their resolution?	https://docs.google.com/document/d/			
		3.1 Physical Activity and Health	Review the types of exercise. View Examples of exercises. Read guidelines for how much and what type of exercise to do.	http://www.cdc.gov/nccdphp/sgr/ate			
		3.2 Components of Fitness, Exercise Types, and Guidelines	Design and submit a personal fitness plan. Set goals. Make an exercise plan that includes a minimum of 3 hours per week.	http://go4life.nia.nih.gov/4-types-of-exercise	http://go4life.nia.nih.gov/try-these-exercises	http://exercise.about.com/cs/exbeginners/a/exbasics_2.htm	http://www.ptdirect.com/training-design/training-fundamentals/exerc
		3.3 Design a Personal Fitness Plan	Plan, analyze, and track physical activity.	http://go4life.nia.nih.gov/make-a-plan			
		3.4 SuperTracker: Fitness Log	Take a short quiz on the benefits of exercise and exercise types.				
		3.5 Benefits of Exercise Quiz					

Physical Education: Personal Fitness - Term 1

Standards	Performance Objectives	Lesson Title	Activities	Google Doc Link	Content/Resources/Description/Notes	
	Identify the organs that compose the skeletal system.	7.1 Skeletal System and Joints	Read about the skeletal system, joints and the role of both in exercise. Take a tour of a local gym. Add three photographs of gym equipment you encountered and include yourself in the image. Describe what the equipment your selected does for a body.	http://www.sport-fitness-advisor.com/flexibilitytrain	http://go4life.nia.nih.gov/stay-active-flexibility-info	http://www.livestrong.com/article/87489-types-joints-skeletal-system/
	Discuss the general functions of the skeletal system. Discuss the processes involved with developing flexibility and balance. Discover how the skeletal system and joints adapt to exercise training.	7.2 Trip to the Gym 7.3 Careers - Exercise Science and Sport Studies 7.4 SuperTracker: Fitness Log 7.5 Skeletal System, Joints and Exercise Quiz	Discuss career options in exercise science and sport studies. Plan, analyze, and track your physical activity. Take a short quiz on the skeletal system, joints and exercise.			
Week 8: Personal Trainers Guide	By the end of this week, participants will be able to... Design an exercise program for an individual client. Demonstrate an understanding of functional movements and exercises involved in strength and conditioning. Communicate health related information	8.0 Overview Checklist 8.1 Pilates versus Yoga 8.2 Personal Trainers Guide 8.3 Effects of Exercise on the Body Systems 8.4 SuperTracker: Fitness Log	Access and utilize the checklist of weekly activities Yoga Versus Pilates. Which one's right for you and why? Team Project. Teams acts as Personal Trainers and design a workout for three athlete. What benefits do you think a football player would get? Plan, analyze, and track your physical activity.	https://drive.google.com/file/d/0BxW		