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| Engagement-9th-12th Grade | | |
| 4 | In addition to exhibiting level 3.0 performance, students demonstrate in-depth inferences and applications that go beyond the goal. | **Learning Targets and Activities** |
| 3 | **Students:**   * **3A**- Participates in moderate to vigorous muscle- and bone-strengthening physical activity. (Fitness Knowledge S3.M6) * **3B**- Adjusts physical activity using a SMART goal for a minimal health standard based on current fitness level. (Fitness Knowledge S3.M8) * **3C**- Identifies positive mental and emotional aspects of participating in a variety of physical activities. (Health S5.M2) | **3A**-I am learning to participate in moderate to vigorous muscle and bone strengthening physical activity.  **3B**- I am learning how to adjust my physical activity according to my SMART goal.  **3C**- I am learning how to create and implement a plan that enhances a healthy, active lifestyle in college or career settings.    **Activities:**   * Reflection log * Verbal question prompts * Warm-ups/Cool-downs * Goal setting sheet * Exit tickets on mental and emotional benefits |
| 2 | **Students:**   * **2A**- Participates in low to moderate muscle- and bone-strengthening physical activity. (Fitness Knowledge S3.M6) * **2B-** Sets a self-selected SMART physical activity goal for aerobic and/or muscle- and bone-strengthening activity based on current fitness level. (Fitness Knowledge S3.M8) * **2C-** Identifies aspects of participating in a variety of physical activities. . (Health S5.M2) |

**Specific Vocabulary:**

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| Safety | Moderate | Vigorous | Low |
| Target Heart Rate | Cross-training | Aerobic | Anaerobic |
| Resting Heart Rate | Muscle-strength | Stretch | Fitness |
| Wellness | Physical Activity | Techniques | Bone-strength |