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| Skills and Knowledge-Fitness Walking | | |
| 4 | * In addition to score 3.0 performance, the student demonstrated in-depth inferences and applications that go beyond what was taught. | **Learning Targets and Activities** |
| 3 | **Students:**   * **3A**- Calculate target heart rate and applies that information to personal fitness plan. (S3.H9.L1) * **3B**- Applies terminology associated with exercise and participation in selected individual-performance activities. (S3.H7.L1) * **3C**- Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings. (S3.H11.L1) | **3A**-I am learning to calculate my own target heart rate and apply my learning to my personal workout plan.  **Activities:**  -THR Worksheet  -Activity Trackers  -Personal Workout sheet  -Fitness Assessments  **3B**- I am learning how to apply specific vocabulary associated with my exercise during class.  **Activities:**  **-**Compare and Contrast health-related and skill related fitness components  **3C**- I am learning how to create and implement a plan that enhances a healthy, active lifestyle.  **Activities:**  -Fitness Workout Plan  -Goal Setting Sheet  -Daily Fit Log  -Exit tickets |
| 2 | **Students:**   * **2A**- Identify terminology associated with exercise and participation in individual-performance activities related to health-related fitness components. (S5.M1.8) * **2B**- Identifies types of strength exercises and stretching exercises for personal fitness development (e.g. strength, endurance, range of motion). (S3.H9.L1) * **2C-**Creates a practice plan to improve performance for a self-selected skill in fitness walking. (S2.H3.L1) |

* **Specific Vocabulary:**

**Health Related Components-** Muscular Strength, Muscular Endurance, Flexibility, Cardiorespiratory Endurance, Body Composition

**Skill Related Components-**Agility, Balance, Coordination, Power, Speed, reaction time