|  |
| --- |
| 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