|  |
| --- |
| Skills and Knowledge-High Intensity Fitness |
| 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**- Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. (S1.H3.L1)
* **3B**- Uses movement concepts and principles to analyze and improve performance of self and/or others in a selected skill. Reflection upon student’s exercise regimen/program. (S2.H2.L1)
* **3C**- Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle (S3.H7.L2)
 | **3A**-I am learning how to choose the appropriate level of intensity for myself to experience success. **Activities:*** Give opportunities for student to determine their level of intensity while entering into the classroom
* Give students a variation of the activity to offer different levels of challenges
* Color designation to determine levels of intensity

**3B**-I am learning how to use the FITT principal to reflect upon my exercise regimen/program. **Activities:*** Reflection journal or log for specific workouts/action plan to work towards personal fitness goal
* Journal to describe proper form

**3C**- I am learning how to design and implement a strength and conditioning program to balances muscle groups and supports a healthy, active lifestyle. **Activities:** * Create a personal workout plan to put into a portfolio utilizing personal fitness data points
* Exit tickets
* Compare/Contrast Health-related fitness and skill related components with opposing muscle groups e.g. upper body vs. lower body
 |
| 2 | **Students:*** **2A**- Attempts proper body position and corrects errors in technique utilizing teacher feedback in a variety of fitness/strength and conditioning exercises
* **2B**- Demonstrating a variation of cross fit training techniques
* **2C**- Create a SMART goal utilizing your current level of physical fitness skills and knowledge
 |

**Specific vocabulary such as:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Safety | Etiquette | Proper Technique | FITT Principle | SMART Goal |  |
|  **Health Related Components** | Muscular Strength | Cardiorespiratory Endurance | Flexibility | Muscular Endurance | Body Composition |
| **Skill Related Components** | Balance | Agility | Coordination | Power  | Speed |

**Specific Vocabulary:**