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| Skills and Knowledge-Innovative Fitness |
|  | **Learning Targets and Learning Goal** | **Learning Targets/ Activities:** |
| 4 | * In addition to score 3.0 performance, the student demonstrated in-depth inferences and applications that go beyond what was taught.
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| 3 | **Students will:*** **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. (S2.H2.L1)
* **3C**- Applies stress-management strategies (e.g. mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.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 movement concepts and principles to analyze and improve my own or others’ performance **Activities:*** Reflection journal or log for specific workouts/action plan to work towards personal fitness goal
* Video tape specific skill and offer feedback to others regarding mature pattern/technique

**3C**- I am learning how to apply stress management strategies to reduce my overall stress. **Activities:** * Journal to describe stressors/imagery
* Create an action plan to help with stressors
* Daily Fit Log
* Yoga Unit/Tai Chi
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| 2 | **Students will:*** **2A**- Identifies different levels of intensity to challenge participation in a self-selected physical activity.
* **2B**- Recognize and complete students’ exercise regimen.
* **2C**- Identifies stress-management strategies (e.g. mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L2)
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**Vocabulary:**

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| Etiquette | Safety | FITT Principal | SMART Goal | Feedback | Proper Technique |
| **Health-Related Fitness Components**  | Muscular Strength | Muscular Endurance | Cardiorespiratory Endurance | Flexibility | Body Composition |
| **Skill-Related Fitness Components** | Agility | Balance | Power | Coordination | Reaction time/Speed |