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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. |  |
| 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 |
| 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) | |

**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 |