

Lifetime Fitness Grade 9	
Big Idea Participation in Physical Activity impacts wellness throughout a lifetime	
Essential Question	Standards
Why do people choose the physical activities they participate in over a lifetime?	10.4.12 A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.
How can participation in physical activity enhance MY life?	B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological
How can you enhance the quality of movement for lifelong participation in physical activity?	D. Evaluate factors that affect physical activity and exercise preferences of adults. • personal challenge • physical benefits • finances • motivation • access to activity • self-improvement
How do biomechanical principles and practice strategies influence movement forms?	E. Analyze the interrelationships among regular participation in physical activity, motor skill improvement and the selection and engagement in lifetime physical activities.
What knowledge is needed to select an appropriate response in a variety of physical activities?	10.5.12 A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation. D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use. E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety F. Analyze the application of game strategies for different categories of physical activities. • individual • team • lifetime • outdoor

Concepts	Competencies	Resources	Assessments
Introducing appropriate physical activities that will support life-long personal health.	Identify health and skill components in specific physical activities that support the engagement in and achievement of personal fitness over a lifetime.	<p>Weight Room: <i>Free Weights, Kettlebells, Medicine Balls, Plyo Boxes, Resistance Bands.</i></p> <p>Athletic Fields Gymnasiums Fitness Center Tennis Courts</p> <p>iPads: Pages/Numbers, Blackboard</p> <p>Practice participating in a variety of fitness programs: <i>Jump Rope Activities</i> <i>Medicine Ball Activities</i> <i>Resistant Bands Activities</i> <i>Body Weight Exercises</i> <i>Aerobic Training</i> Using the fitness Center</p> <p>Practice participating in a variety of individual and sport activities: <i>Disc Golf</i> <i>Ultimate Frisbee</i> <i>Tennis</i> <i>Softball</i> <i>Flag Football</i> <i>Soccer</i> <i>Street Hockey</i> <i>Badminton</i> <i>Speed Minton</i> <i>Pickleball</i> <i>Basketball</i> <i>Speedball</i> <i>Volleyball</i> <i>Team Handball</i></p>	<p>Pre-Fitness Testing: Based on Components of Fitness</p> <p>Weekly Participation in fitness and sport activities</p> <p>Post Fitness Testing:</p>

<p>- Regular physical activity impacts an individual physiologically, socially, and psychologically throughout a lifetime.</p>	<p>Identify the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.</p>	<p>Heart rate Monitoring</p> <p>Perceived Exertion</p> <p>Workout partner interaction</p> <p>Team Oriented Activities: <i>Game Concepts and Rules Sportsmanship</i></p>	<p>Calculating Maximum Heart Rate Worksheet</p> <p>Calculating Resting Heart Rate Worksheet</p> <p>Calculating Target Heart Rate (Lower and Upper) Worksheet</p> <p>Implement Spirit of the Game Philosophy</p> <p>Using Fitness Apps to track level of fitness doing variety of activities (walking, running, biking, etc)</p>
<p>Movement skills, movement concepts and skill-related fitness enrich movement performance throughout life.</p>	<p>Introduce skill-related fitness components, movement concepts and game strategies to promote participation in lifelong physical activities.</p> <p>Incorporate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Health related components of fitness: Cardiovascular Endurance Muscular Endurance Muscular Strength Body Composition Flexibility</p> <p>Skill Related Components: Speed Balance Coordination Reaction Time Agility Power</p> <p>Exercise Training Principles: FITT Principle Principal of Warm up and Cool down</p> <p>Weight Room Cardio Center Athletic Fields</p>	<p>Weekly practice of movement skills and concepts in skill development activities.</p> <p>Identify rules and scoring to individual and team activities.</p> <p>Basic Fitness Knowledge Quiz</p> <p>Using Appropriate Terminology in class</p>
<p>Vocabulary:</p>			

Defense strategies, Offense strategies, Health related components of fitness, Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Body Composition, Flexibility, Skill Related Components, Speed, Balance, Coordination, Reaction Time, Agility, Power, FITT, Frequency, Intensity, Time, Type, Resting Heart Rate, Maximum Heart Rate, Target Heart Rate.

Lifetime Fitness Grade 9			
Big Idea: Quality life-long movement is based on scientific principles and concepts			
<p>Essential Question?:</p> <p>How do biomechanical principles and practice strategies influence movement forms?</p> <p>What knowledge is needed to select an appropriate response in a variety of physical activities?</p>		<p>Standards</p> <p>10.4.12</p> <p>A. Evaluate and engage in an individualized physical activity plan that supports achievement of personal fitness and activity goals and promotes life-long participation.</p> <p>B. Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities. • social • physiological • psychological</p> <p>A. Apply knowledge of movement skills, skill-related fitness and movement concepts to identify and evaluate physical activities that promote personal lifelong participation.</p> <p>D. Incorporate and synthesize knowledge of exercise principles, training principles and health and skill-related fitness components to create a fitness program for personal use.</p> <p>E. Evaluate movement forms for appropriate application of scientific and biomechanical principles. • efficiency of movement • mechanical advantage • kinetic energy • potential energy • inertia • safety</p>	
Concepts	Competencies	Resources	Assessments
Practice strategies affect motor skill development and enhance skill performance.	Identify the inter-relationship among emotional, social, physical and mental health, skill improvement and physical activity preferences and participation, over a lifetime.	Practice participating in a variety of fitness programs: <i>Jump Rope Activities</i> <i>Medicine Ball Activities</i> <i>Resistant Bands Activities</i> <i>Body Weight Exercises</i> <i>Aerobic Training</i>	Weekly practice of movement skills and concepts in skill development activities.

		<p>Practice participating in a variety of individual and sport activities:</p> <p><i>Disc Golf Ultimate Frisbee</i></p> <p><i>Tennis</i></p> <p><i>Softball</i></p> <p><i>Flag Football</i></p> <p><i>Soccer</i></p> <p><i>Street Hockey</i></p> <p><i>Badminton</i></p> <p><i>Speed Minton</i></p> <p><i>Pickleball</i></p> <p><i>Basketball</i></p> <p><i>Speedball</i></p> <p><i>Volleyball</i></p> <p><i>Team Handball</i></p> <p>Athletic Fields</p> <p>Gymnasiums</p> <p>Fitness Center</p> <p>Tennis Courts</p> <p>Weight Room: <i>Free Weights, Kettlebells, Medicine Balls, Plyo Boxes</i></p> <p>Cardio Center (future): <i>Treadmills, Elliptical, Spin Bikes, Row Machines, Recumbent Bikes</i></p>	
<p>-Introduction of biomechanical principles that enhances quality of movement.</p> <p>-There is an interrelationship among practice, motor skill development and physical activity.</p> <p>-Appropriate selection of motor skill development concepts improves the quality of movement.</p>	<p>Incorporate and evaluate motor skill development concepts, practice strategies and biomechanical principles to enhance quality of movement.</p>	<p>Practice appropriate biomechanical techniques during sports and games</p>	<p>Biomechanical Checklist</p> <p>Partner Assessment Checklist</p>

Lifetime Fitness Curriculum – Grade 9

Vocabulary:

Stance, Health related components of fitness, Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Body Composition, Flexibility, Skill Related Components, Speed, Balance, Coordination, Reaction Time, Agility, Power, FITT, Frequency, Intensity, Time, Type, Resting Heart Rate, Maximum Heart Rate, Target Heart Rate.

Lifetime Fitness Grade 9			
Big Idea Safety impacts individual and community well being			
Essential Question What are the outcomes of various safe and unsafe practices and what impact can the outcomes have on my life and the lives of others around me?		Standards 10.3.12 B. Analyze and apply strategies for the management of injuries. D. Evaluate the benefits, risks and safety factors associated with self-selected life-long physical activities.	
Concepts	Competencies	Resources	Assessments
Identify the benefits, risks and safety factors of an activity can lead to safe participation in self-selected, life-long physical activities.	Identify safe and unsafe practices in the home, school, community and in physical activity settings and determine the associated personal and/or legal consequences and the impact on personal and community well-being.	Fitness Center Rules Sport Specific Safety Worksheet Practice using rules and safety concepts during skill development activities	Fitness Safety Unit Checklist Fitness Room Guide Mapping Identify how to operate fitness equipment Identify rules and regulations used in the fitness center and gymnasium Perform daily dynamic warmup before engaging in activities Practice proper biomechanical techniques in sports and games.
Vocabulary: Health related components of fitness, Cardiovascular Endurance, Muscular Endurance, Muscular Strength, Body Composition, Flexibility, Skill Related Components, Speed, Balance, Coordination, Reaction Time, Agility, Power, FITT, Frequency, Intensity, Time, Type, Resting Heart Rate, Maximum Heart Rate, Target Heart Rate.			