

Geneva CUSD 304
Content-Area Curriculum Frameworks
Grades 6-12
Physical Education and Health

<i>Mission Statement</i>	Physical Education and Health assists students of all abilities in their continued physical, social, emotional, and cognitive development. This is accomplished through a variety of activities and skills. Physical education and Health encourages self-discipline, responsibility, and positive interactions with others. As a result, we hope students will choose and enjoy a healthy lifestyle.
<i>Course Sequence</i> (Grades 6-12)	<p>6th Grade - Physical Education</p> <p>7th Grade – Physical Education and Project Alert</p> <p>8th Grade – Physical Education and Health</p> <p>9th Grade – Team Sports and Conditioning</p> <p>10th Grade – Personal Fitness (1 Semester) Health (1 Semester)</p> <p>11th Grade – Physical Education Electives</p> <ol style="list-style-type: none"> 1. Lifetime Fitness 2. Applied Personal Fitness 3. Junior Leaders <p>12th Grade – Physical Education Electives</p> <ol style="list-style-type: none"> 1. Lifetime Fitness 2. Applied Personal Fitness 3. Senior Leaders 4. P.E Leadership

Course Framework

Course Title: Grade Level: Quarters: Prerequisite:	Applied Personal Fitness Junior/Senior Level 1-4 Students wanting to repeat APF must have maintained a C- or better in previous APF classes. Students must wait one semester to re-enroll in APF if previous APF grade was below a C-.
Course Description	Applied Personal Fitness is open to any junior or senior who is interested in further developing his/her physical capacities on a daily basis: cardiovascular endurance, muscular endurance, strength, power, and increased speed and agility. Students will exercise on a daily basis, building on and applying what was learned during the sophomore Personal Fitness class. Based on their knowledge of fitness principles and with the help of the instructor and/or coach, students will design their own individualized workout programs specific to his or her needs and then adhere to it throughout the class. Progress will be charted by student and teacher. The Presidential Physical Fitness Testing is administered both semesters.

APPLIED PERSONAL FITNESS

<p>Unit of Study: major topics</p>	<p>Strength Training, Body Types, Vocabulary, Anatomy & Physiology, Gender Differences in Resistance Training, Breathing Techniques, Progression and Sequence of Training, F.I.T. Principle, Safety</p>	
<p>Illinois Learning Standards, Benchmarks, National Standards Assessment Frameworks, or other standards that will be taught in this unit</p>	<p>STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity STATE GOAL 20: Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment. STATE GOAL 21: Develop team-building skills by working with others through physical activity. STATE GOAL 22: Understand principles of health promotion and the prevention and treatment of illness and injury. STATE GOAL 23: Understand human body systems and factors that influence growth and development. STATE GOAL 24: Promote and enhance health and well-being through the use of effective communication and decision-making skills.</p>	
<p>Objectives</p> <ul style="list-style-type: none"> ○ Conceptual ○ Factual ○ Procedural 	<p>By the end of the activity the students will be able to:</p> <ul style="list-style-type: none"> ● List and explain the benefits of strength training ● Identify and develop a fitness plan for the different body types ● Identify or define all vocabulary words ● Identify muscles and their location on the body and demonstrate which exercises work the main muscle groups ● Explain gender differences in strength training ● Describe proper breathing technique for different exercises ● Keep a daily log of activities and demonstrate how to chart them over time ● Describe how to properly sequence different resistance exercises ● Explain how to ensure muscle balance when designing a strength training program for oneself or another individual ● Define and explain the F.I.T. Principle ● Demonstrate an understanding of safety in the fitness center by following specific daily procedures and by using proper form and technique ● Demonstrate team building skills by assisting others in class with spotting or while joining a classmate in a similar workout for the day 	

Assessments	Individual skill assessment, written assessment, individual project	Other Evidence
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