

Options EHS Physical Education 1 2020		Scope and Sequence
Unit	Lesson	Objectives
<b>Introduction to Fitness</b>		
	Your Fitness Log	
	Physical Fitness Basics	
		Define physical fitness, physical activity and exercise
		Differentiate between health, wellness and physical fitness
		Justify the inclusion of physical activity as an essential component of personal health and wellness
	Physical Fitness and Lifestyle	
		List controllable and uncontrollable factors that influence physical fitness levels
		Describe the relationship between physical fitness and lifestyle
	Physical Activity Benefits	
		Summarize the benefits of participating in regular physical activity
		Identify ways physical activity helps lower the risk for disease
		Describe how much physical activity is recommended for developing health and fitness
	Physical Fitness Attitudes	
		Identify why physical fitness is an important health factor in the United States
		Recognize attitudes that positively and negatively influence physical fitness and discuss the benefits of having a positive attitude
	Topic Test	
<b>Safety</b>		
	Beginning An Exercise Program	
		Explain the importance of having a medical evaluation prior to beginning a personal fitness program
		Recognize clothing that is appropriate for safe physical activity

**Unit Lesson****Objectives**

Describe the characteristics of appropriate safety equipment for physical activity

## Environmental Conditions and Safety

Describe how personal choice affects the safety of an exercise environment

Discuss how extreme heat and cold can influence the safety of physical activity

Explain methods for maintaining proper fluid balance during physical activity

## Common Sports Injuries and Prevention

Identify exercises and movements that are dangerous and can lead to injury

List and describe common exercise-related physical injuries

List guidelines for preventing injuries during physical activity

## Treatment for Common Sports Injuries

Describe strategies for determining the severity of a sports injury

Examine response strategies for injuries requiring basic first aid attention

Assess physical activity injuries that require professional health or rehabilitation services

## Topic Test

**Fitness Fundamentals**

## Principles of Exercise

Apply the training principles of overload, progression, and specificity to physical activity

Describe the components of FITT (Frequency, Intensity, Time, and Type)

Identify proper procedures and benefits of warming up and cooling down

## Health-related Fitness

List and define each of the five health-related fitness components

Describe strategies for assessing health-related fitness levels

**Unit Lesson****Objectives**

Identify activities which improve the components of health-related fitness

## Skill-related Fitness

List and define each of the six skill-related fitness components

Identify factors that influence skill-related fitness levels

Describe strategies for assessing skill-related fitness levels

## Fitness Evaluation

Discuss the factors involved in conducting a fitness evaluation using national fitness tests

Interpret the results of a fitness evaluation

Set personal fitness goals based on the results of a fitness evaluation

## Topic Test

**Biomechanical Principles**

## Movement

Describe the effects of energy and force on movement using acceleration and velocity

Explain the three classes of levers present in the human body and demonstrate their use in physical activity

## Stability &amp; Range of Motion

Describe strategies for improving stability

Identify the six types of joints

Describe the relationship between joints and range of motion

## Integrated Movement

List external forces that provide resistance to human movement

Describe the relationship between efficiency and energy use

Use the principles of biomechanics to describe an integrated system of human movement

**Unit Lesson****Objectives**

Topic Test

**Cardiorespiratory Fitness**

The Cardiovascular and Respiratory Systems

Describe the functions and structures of the cardiovascular system

Describe the functions and structures of the respiratory system

Describe proper care of the cardiovascular and respiratory systems to avoid disease

Cardiovascular Diseases

Describe common types of cardiovascular disease

Summarize how one's lifestyle can contribute to cardiovascular disease

List ways to identify, treat, and prevent cardiovascular disease

Physical Activity and Cardiorespiratory Fitness

Identify factors that influence cardiovascular and respiratory fitness levels

Describe the affect of physical activity on the cardiovascular and respiratory system

Demonstrate methods for assessing cardiorespiratory fitness

Developing Cardiorespiratory Fitness

Apply the exercise principle of overload to improve cardiovascular health

Describe how the exercise principle of progression leads to improved cardiovascular health

Differentiate between aerobic and anaerobic exercise using the exercise principle of specificity

Exploring Activities for Cardiorespiratory Fitness

Compare multiple aerobic activities for their ability to promote cardiorespiratory fitness

Determine safety considerations when performing aerobic activities

**Unit Lesson****Objectives**

Recognize exercise considerations for those with special needs

Topic Test

**Muscular Fitness**

The Skeletal, Muscular, and Nervous Systems

Describe the structures and proper care of the of the skeletal system

Summarize the muscular system, including the functions, types of muscles, and problems associated with the system

Describe the structures of the nervous system and identify injuries and diseases the affect the nervous system

Muscular Strength and Endurance

Differentiate between muscular strength and muscular endurance

Explain how muscular strength and endurance contribute to good health and fitness

Describe how muscles work and grow

Developing Muscular Strength and Endurance

Evaluate the components of weight training in order to design an appropriate personal program

Apply exercise principles to develop muscular strength and endurance

Demonstrate methods for assessing muscular strength and endurance

**Cumulative Review Activity****Cumulative Exam**