

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

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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 & 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

Introduction to Sports

Team Sports

List common characteristics of team sports, including offense, defense, and officials

Describe how participating in team sports benefits the dimensions of health

Identify team sports that achieve health-related fitness goals in both school and outside of school

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Individual Sports

Explain why participating in individual sports is enjoyable and desirable

Describe how participating in individual sports benefits the dimensions of health

Identify individual sports that help to achieve health-related and skill-related fitness goals

Skills and Tactics

Identify skills important for participating in physical activities

Describe strategies used to play team sports

Identify techniques for improving your performance when participating in sports

Participating in Sports

Describe sportsmanship and why it is important when participating in sports

Define competition and describe what it means to compete

Summarize necessary responsible behaviors when participating in sports

Being a Good Sport

Identify and apply the rules of safe sports participation

Summarize an official's role in team sports

Describe sports etiquette and ethics

Diversity in Sports

Examine athletic limitations and differences in yourself and others

Explore techniques for including peers of all ability levels in sports activities

Explore sports and activities of other countries and cultures

Topic Test

Cumulative Review Activity

Unit Lesson

Objectives

Cumulative Exam