

Options EHS Physical Education 1		Scope and Sequence
Unit	Lesson	Objectives
Introduction to Fitness		
	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	
Safety		
	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

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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

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		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

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	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

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		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**