

Options FRMS Physical Education 6A		Scope and Sequence
Unit	Lesson	Objectives
Health and Fitness Basics		
Health and Wellness		
		Describe the six dimensions of health
		Differentiate between health and wellness
		Analyze how influences such as heredity, environment, and culture impact health
A Healthy Lifestyle		
		Describe how changes in lifestyle have affected health, wellness, and disease
		Identify controllable and uncontrollable health risk factors and the behaviors that can cause them
		Describe how individuals can address health problems and endorse health advocacy through education
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 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
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		

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		List and define each of the five health-related fitness components
		Describe strategies for assessing health-related fitness levels
		Identify activities which improve the components of health-related fitness
	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
	Setting Healthy Goals	
		Differentiate between long-term goals and short-term goals
		Identify guidelines that should be followed when setting goals
		Develop an action plan to achieve a personal goal
	Your Fitness Plan	
		Explain the steps for putting together a successful personal fitness program
		Describe strategies that can help maintain a fitness program over the long term
		Tailor a fitness program to accommodate different life stages
	Unit Test	
Safety, Wellness, and Personal Success		
	First Aid	
		Defend the importance of learning first aid for responding to accidental injuries
		List the steps for responding to life-threatening emergencies and administering CPR
		Examine strategies for responding to common injuries
	Environmental Conditions and Safety	

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		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
Environmental Health		
		Describe issues related to air quality and its effects on health
		Examine how various types of pollution impact local communities and the world
		Critique strategies developed and approved by environmental protection agencies for protecting the environment
Lifetime Fitness		
		Describe the benefits of lifetime fitness
		Explore popular activities that are common among people seeking lifetime fitness
		Identify and explain characteristics that help people become and remain active