

Options FRMS Physical Education 7A		Scope and Sequence
Unit	Lesson	Objectives
Introduction to Fitness and Safety		
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
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
		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

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		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
	Unit Test	
<b>Cardiorespiratory and Muscular Fitness</b>		
	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	

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		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
		Recognize exercise considerations for those with special needs