

Fitness for Life

Course Number: 04020000030

Month	Strands (include state core numbers)	Standards	Assessment
Qtr. 1			
August - October	- Disclosures, Locker Assignments, Procedures <u>STRAND 1, 2, 4</u> - Fitness Pre-Test (mile, push-ups, sit-ups, pacer) <u>STRAND 1, 3, 5</u> - Unit 1: Flexibility <u>STRAND 1, 3, 5</u> - Unit 2: Cardiovascular Fitness <u>STRAND 1, 3, 5</u> - Unit 3: Muscular Strength & Endurance	Strand 1: Students will achieve a level of competency in motor skills and movement patterns. - Fitness Pre-Test – <i>Standard FFL.1.1, FFL.1.2, FFL.1.3, FFL.1.4</i> - Unit 1, 2, 3 – <i>Standard FFL.1.1, FFL.1.2, FFL.1.3, FFL.1.4</i> Strand 2: Students will apply knowledge to attain efficient movement and performance. - Fitness Pre-Test – <i>Standard FFL.2.1, FFL.2.2, FFL.2.3</i> Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity. - Unit 1, 2, 3 – <i>Standard FFL.3.4, FFL.3.5, FFL.3.10, FFL.3.12, 3.13, FFL.3.16</i> Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others. - Fitness Pre-Test – <i>Standard FFL.4.1, FFL.4.5, FFL.4.10, FFL.4.11</i>	Fitness Pre-Test - Timed Mile Run - 1 Minute Push-Up Test - 1 Minute Sit-Up Test - Pacer Run Test Flexibility Assessment Heart Rate Assessment Unit 1-3 Written Assessment

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		<p>Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.</p> <p>- Unit 1, 2, 3 – <i>Standard FFL.5.1, FFL.5.4</i></p>	
Qtr. 2			
November-January	<p><u>STRAND 1, 2, 3</u> - Unit 4: Fitness</p> <p><u>STRAND 3, 4, 5</u> - Unit 5: Nutrition/Body Composition</p> <p><u>STRAND 3, 4, 5</u> - Unit 6: Stress Management</p> <p><u>STRAND 1, 2, 4</u> - Fitness Post-Test</p>	<p>Strand 1: Students will achieve a level of competency in motor skills and movement patterns.</p> <p>- Fitness Post-Test – <i>Standard FFL.1.1, FFL.1.2, FFL.1.3, FFL.1.4</i></p> <p>- Unit 4 – <i>Standard FFL.1.1, FFL.1.2, FFL.1.3, FFL.1.4</i></p> <p>Strand 2: Students will apply knowledge to attain efficient movement and performance.</p> <p>- Fitness Post-Test – <i>Standard FFL.2.1, FFL.2.2, FFL.2.3</i></p> <p>- Unit 4 – <i>Standard FFL.2.1, FFL.2.2</i></p> <p>Strand 3: Students will understand the components necessary to maintain a healthy level of fitness to support physical activity.</p> <p>- Unit 4, 5, 6 – <i>Standard FFL.3.3, FFL.3.5, FFL.3.9, FFL.3.15, FFL.3.17, FFL.3.23, FFL.3.25, FFL.3.26, FFL.3.29, FFL.3.32,</i></p>	<p>Fitness Post-Test</p> <ul style="list-style-type: none"> - Timed Mile Run - 1 Minute Push-Up Test - 1 Minute Sit-Up Test - Pacer Run Test <p>Nutrition Activity (Log)</p> <p>Calories Burned Activity</p> <p>Stress Inventory Assignment</p> <p>Unit 4-6 Written Assessment</p>

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		<p><i>FFL.3.34, FFL.3.35, FFL.3.36</i></p> <p>Strand 4: Students will develop cooperative skills and positive personal behavior through communication and respect for self and others.</p> <p>- Fitness Post -Test – <i>Standard FFL.4.1, FFL.4.5, FFL.4.10, FFL.4.11</i></p> <p>- Unit 5, 6 – <i>Standard FFL.</i></p> <p>Strand 5: Students will appraise the personal value of physical activity as a tool for wellness, challenges, and interacting with appropriate social skills with friends and family.</p> <p>- Unit 1, 2, 3 – <i>Standard FFL.5.1, FFL.5.4</i></p>	
Qtr. 3			
<i>January - March</i>	SEE QUARTER 1 (SAME)		
Qtr. 4			
<i>April - June</i>	SEE QUARTER 2 (SAME)		