

Curriculum Guide: Fitness

Essential Question	August/September/January What is the appropriate fitness level for teens? Why is it important to build muscle for everyone?	October/February Why continue to build muscle? Why continue to improve CV system?	November/March Why practice final? Why continue to work on cardio and muscle building?	Dec/April/May Why continue to work on cardio and muscle building?
Content	Muscle Strengthening Cardiovascular building	Muscle Strengthening Cardiovascular building	Muscle Strengthening Cardiovascular building	Muscle Strengthening Cardiovascular building
Skills	Fitness Testing Circuits Aerobics	Jump ropes Weights Circuits	Rhythms 20 minute run/walk Circuits	Fitness testing 20 minute run/walk final Circuits
Assessments	Observation Fitness measurements	Observation Demonstration	Observation Demonstration	Observation Demonstration Fitness Measurements
Activities/ Resources	Classroom circuits Administer fitness test Cardiovascular workouts such as aerobics	Classroom circuits Cardiovascular workouts such as aerobics Weight using body Weights using weight room	Classroom circuits Cardiovascular workouts such as aerobics Practice 20 minute run walk	Classroom circuits Administer Fitness Test Final 20 min run/walk