HIGH SCHOOL PE

Standard(s): Grades 9-12 Lifetime Fitness and Wellness Pursuits - describe training principles appropriate to enhance cardiorespiratory endurance, muscular strength and endurance, and flexibility.

CONCEPTS (NOUNS)

Training principles

Cardiorespiratory endurance

Muscular strength

Muscular endurance

Flexibility

Assessment and improvement

SKILLS (VERBS)

Describe (training principles)

LEARNING PROGRESSION

1. Identify and define cardiorespiratory endurance, muscular strength and endurance, and flexibility.
2. Safety considerations for all strength movements and cardiorespiratory endurance activities.
3. Points of performance and movement expression requirements for pre-test activities.
4. Pre-test on movements and exercises that measure where students are starting in the categories above. (Ex. 1-mile run, max pull-ups, sit-ups, push-ups, 1 rep max bench press, back squat, deadlift, range of motion tests).
5. Strength/hypertrophy principles (strength: high sets with low reps, hypertrophy: low sets with high reps).
6. Cardiorespiratory improvement (400m repeats at goal 1-mile time, max distance in 30 minutes at a conversational pace)
7. Post-test on movements and exercises that measure where students start in the above categories. (Ex. 1-mile run, max pull-ups, sit-ups, push-ups, 1 rep max bench press, back squat, deadlift, range of motion tests).

LEARNING INTENTIONS	SUCCESS CRITERIA	RELEVANCE TALKING POINTS
1. I am learning about improving my health and fitness in cardiorespiratory endurance, muscular strength and endurance, and flexibility.	1a. (Language expectations) I can define cardiorespiratory endurance, muscular strength and endurance, and flexibility.	1a. This section will prepare you for life and fitness after this course ends.
	1b. I can explain the connection between concepts.	1b. Multiple fitness domains will be expressed and improved for overall fitness and wellness.
	1c. I can discuss ways to improve my health and fitness.	
2. I am learning how to assess my current starting point in these fitness components.	2a. I can discuss various methods of assessing my current level of fitness.	2a. The pre-test is to help us have a starting point and not to discourage us.
	2b. I can assess my current fitness level in cardiorespiratory endurance, muscular strength and endurance, and flexibility.	
3. I am learning about safety in improving my fitness and health.	3a. I can express the necessary movements to improve my fitness and health.	3a. We will review movements that will help increase your range of motion and muscular strength and endurance (Push, pull, brace, bend, and squat).
	1b. (language expectation) I can justify what makes a movement safe versus unsafe.	3b. You will learn how to lift within your own limits and safely express each movement.

ASSESSMENT OPPORTUNITIES (LISC 1)

- Do a visual scan to assess each point of performance for each movement is expressed.
- Verbal checks for understanding throughout the acquisition of learning strength movements.
- Quizzes and visual demonstration of learning to improve one's fitness level throughout the module.
- Students can demonstrate program design for their goals (SMART), and improving of their numbers for cardiorespiratory endurance, muscular strength and endurance, and flexibility.

CREATING MEANINGFUL LEARNING EXPERIENCES

Focused Instruction (modeling):

- I want us to think about movement patterns that you perform everyday. Sitting down, picking something up from the ground, putting an item onto the top self. These movement patterns are what we call functional movement, and these are the movements that we will use in our course for strength movements.
- Today, I am going to demonstrate the push-up, pull-up, plank, deadlift, and air squat. We're going to perform these movements together, and lastly, you're going to demonstrate these movements on your own, while I walk around and correct by giving cues.
- I am going to walk through a pre-test and post-test fitness and movement screen. Then you're going to practice in groups. At the end of the module, you'll be able to perform these self-assessments yourselves to improve your cardioresipiratory endurance, muscular strength and endurance, and flexibility.

GUIDED PRACTICE

- We will walk through the pre-test and post-test process together step-by-step.
- We are going to look at the points of performance for the pull-up, push-up, plank, deadlift, and squat together, and then we are going to perform a movement lab together.
- I want you to make the connections of these movements to everyday life and how it's important to develop the strength to continue to perform these everyday movements.

COLLABORATIVE LEARNING

- Split students into groups of two or three, with the points of performance, students can direct, coach, and correct students' movement patterns according to the points of performance.
- Develop two or three pre and post-tests to measure and improve one's cardiorespiratory endurance, muscular strength and endurance, and flexibility.
- Students will complete an exploratory learning activity researching exercises and strength movements to improve their cardiorespiratory endurance, muscular strength and endurance, and flexibility.

INDEPENDENT PRACTICE

- Students will complete an assignment to develop three SMART goals based on the pre-test that they've completed.
- Based upon their SMART goals, the students will then develop a twelve-week individual program design that will help them accomplish their SMART goals and improve on their pre-test scores in the categories of cardiorespiratory endurance, muscular strength and endurance, and flexibility.

ASSESS MASTERY OF STANDARD

- Students will be able to develop pre-and post-test assessments to assess their current fitness level.
- Students will show mastery of the points of performance of the pull-up, push-up, plank, deadlift, and squat, along with the modifications to progress towards the expression of the points of performance.
- Students will understand the different modalities to improve one's cardiorespiratory fitness safely.
- Students will demonstrate training principles through their program design to improve the different domains of fitness.