

# Personal Fitness Unit 1 UBD

Time Frame: 4-8 weeks	Unit Title: Intro to weight training	Course Name: Personal Fitness
<b>Stage 1: Desired Results</b>		
<b>Established Goal(s)</b>	<b>Transferable Skills</b>	
<p><b><u>Standards</u></b></p> <p>Standard 1: Perform a variety of motor skills and movement patterns effectively</p> <p>Standard 2: Apply knowledge of components, principles, strategies, and tactics to related movement and performance</p> <p>Standard 3: Apply knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness</p> <p>Standard 4: Demonstrate and self-assess respect for self and others, and the value of physical activity</p> <p>Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/ or social interaction</p>	<p><i>Students will be able to independently use their learning to...</i></p> <ul style="list-style-type: none"> <li>● Demonstrates competency and/or refines activity specific movement skills in Resistance training and personal fitness concepts (FITT principle)</li> <li>● Accurately and appropriately applies the terminology associated with exercise, health related fitness, and individual performance activities</li> <li>● Uses movement concepts and principles( force, motion, rotation, speed vs accuracy) to analyze and improve performance of self or others</li> <li>● Discusses the benefits of a physically active lifestyle</li> <li>● Applies rates of perceived exertion and pacing</li> <li>● Identifies major Muscles in the human body and muscle specific exercises</li> <li>● Engages in physical activity</li> <li>● Demonstrates appropriate technique in body weight resistance training</li> <li>● Introduced to sets, reps, rest, gym safety</li> <li>● Employs effective self management skills</li> <li>● Exhibits respect for others and self</li> <li>● Problem solves, thinks critically, uses and applies strategies to personal fitness</li> <li>● Accepts others ideas, skill level, body type</li> <li>● Applies best practices for safety &amp; use of equipment</li> <li>● Chooses an appropriate level of challenge to experience success (learns how to access this in terms of weights)</li> <li>● Identify and evaluates the opportunities for social interaction and support through lifelong physical activity</li> </ul>	
	<b>Meaning</b>	
	<p><b><u>Understandings</u></b></p> <p><i>Students will understand...</i></p> <p>The FITT principle is a tool used in conjecture with the components of fitness, to maintain or improve a physically active lifestyle.</p> <p>Safety Rules, strategies and terminology associated with muscles of the body, resistance training and personal lifelong health and fitness.</p>	<p><b><u>Essential Questions</u></b></p> <p>What are the benefits of living a physically active lifestyle?</p> <p>What fitness training is the most effective and efficient for me to achieve my goals?</p> <p>How does the use and implementation of the FITT principle impact my personal fitness program development?</p>

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	<p>The importance of fitness conditioning and dynamic stretching on the components of fitness.</p> <p>The benefit of effective self-management, communication skills, acceptance of self and others' ideas and skill levels to promote accepting comfort levels in class.</p>	
<b>Acquisition</b>		
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>● The FITT Principle and how to apply it to their personal fitness practice</li> <li>● Major muscle groups of human body</li> <li>● Rules, strategies and terminology associated with muscles and resistance training.</li> <li>● Social, mental and physical benefits of living a physically active lifestyle.</li> <li>● Muscle specific exercises</li> <li>● Weight Room safety and etiquette</li> <li>● How to choose appropriate weight and exercises to effectively and efficiently meet personal fitness goals</li> </ul>	<p><i>Students will be able to...</i></p> <p>Define and Apply the FITT principle, along with the components of fitness, towards a personal fitness plan.</p> <p>Applies effectively safety protocols for self and others in the weight room.</p> <p>Recognizes and applies strategies and terminology to muscle groups and resistance training</p> <p>Self-Assess &amp; Peer assess personal fitness plans and offer feedback</p> <p>Demonstrate physical improvement or maintenance in the skills being taught in class</p>