

Personal Fitness Unit 2 UBD

Time Frame: 1-2 months	Unit Title: Weight Training Stage 2	Course Name: Personal Fitness
Stage 1: Desired Results		
Established Goal(s)	Transferable Skills	
<p><u>Standards</u></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"> ● Demonstrates competency and/or refines activity specific movement skills in Resistance training and personal fitness concepts ● Accurately and appropriately applies the terminology associated with exercise, health related fitness, and individual performance activities ● Uses movement concepts and principles(force, motion, rotation, speed vs accuracy) to analyze and improve performance of self or others ● Discusses the benefits of a physically active lifestyle ● Applies rates of perceived exertion and pacing ● Calculates heart rate, max heart rate, training zone heart rate ● Engages in physical activity ● Demonstrates appropriate technique in body weight resistance training and implements a strength and conditioning program that develops balance in opposing muscle groups and supports a healthy and active lifestyle ● Employs effective self management skills ● Exhibits respect for others and self ● Problem solves, thinks critically, uses and applies strategies to physical activity ● Accepts others ideas, skill level, body type ● Applies best practices for safety & use of equipment ● Chooses an appropriate level of challenge to experience success ● Identify and evaluates the opportunities for social interaction and support through lifelong physical activity 	
	Meaning	
	<p><u>Understandings</u></p> <p><i>Students will understand...</i></p> <p>How the FITT, Progression, Overload, Tedium, Regression and Specificity principles are tools used in conjecture with the components of fitness, to maintain or improve a physically active lifestyle.</p> <p>Rules, strategies and terminology associated with muscles of the body, resistance training and personal lifelong health and fitness.</p>	<p><u>Essential Questions</u></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, overload, specificity, progression, regression and tedium principles impact my personal fitness program development?</p>

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The importance of fitness conditioning and dynamic and static stretching on the components of fitness.

The benefit of effective self-management, communication skills, acceptance of self and others' ideas and skill levels to promote accepting comfort levels in class.

Acquisition

Students will know...

- The FITT, Overload, Specificity, Progression, Regression and Tedium Principles and how to apply them to their personal fitness practice
- 4 Components of Fitness (excluding BMI)
- Design personal HIIT Workouts
- Rules, strategies and terminology associated with muscles and resistance training.
- Social, mental and physical benefits of living a physically active lifestyle.
- Muscle specific exercises
- Weight Room safety and etiquette
- How to choose appropriate weight and exercises to effectively and efficiently meet personal fitness goals

Students will be able to...

- Define and Apply the FITT, Overload, Progression, Specificity, Regression and Tedium principle, along with the components of fitness, towards a personal fitness plan.
- Recognize and Create HIIT Workouts
- Applies effectively safety protocols for self and others in the weight room.
- Recognizes and applies strategies and terminology to muscle groups and resistance training
- Self-Assess & Peer assess personal fitness plans and offer feedback
- Demonstrate physical improvement or maintenance in the skills being taught in class (ie, cardiovascular endurance, flexibility, muscular strength and endurance)