

Health Enhancement (Grade 10)

Prerequisite: HE—Grade 9

Credit: 1 year, 1 credit

Course Overview:

Students will participate in a wide range of individual and team activities. Basic moves, rules, and game strategy are covered. Age appropriate health and wellness concerns are presented in health. All aspects of the health enhancement program work toward an informed background for student decision making and healthy lifestyles. The class runs on an alternating schedule—health twice a week, activities twice a week and a wellness/fitness day once a week. The content of the SD6 Health Enhancement curriculum is aligned with the National Standards for H/PE and the Montana Content Standards and Benchmarks for Health Enhancement.

SD6 Health Standards

1. Students will have a basic knowledge and understanding of concepts that promote comprehensive health.
2. Students will demonstrate the ability to use critical thinking and decision making to enhance health.
3. Students will demonstrate interpersonal communication skills to enhance health.
4. Students will demonstrate health-enhancing behaviors.

SD6 Physical Education Standards

1. Students will demonstrate competency in performance and application of concepts in a variety of movement forms.
2. Students will achieve and maintain a challenging level of health-related physical fitness.

Health Education Segment

Standard 1: Students will have a basic knowledge and understanding of concepts that promote comprehensive health. (HECS—1, 3, 5, 7)

Benchmarks

1.1 Students will comprehend the wellness pentagon. (1.12.5, 5.12.6)

Students will:

	Essential Learnings	Assessment	Map
1.1.1	identify physical concept.	V, W for all.	M
1.1.2	identify mental concept.		M

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1.1.3	identify social concept.		M
1.1.4	identify emotional concept.		M
1.1.5	identify spiritual concept.		M
1.1.6	interpret pentagon relationships.		M
1.1.7	discuss sophomore maturity/age specific wellness.		D

1.2 Students will comprehend nutrition. (5.12.3-6)

Students will:

Essential Learnings		Assessment	Map
1.2.1	identify essential nutrients.	V, W	M
1.2.2	understand nutritional needs.	V, W	M
	a) utilize the food pyramid.	V, W	M
	b) design complete diet for family, self, couple.	V, W, P	I, D
	c) understand society stresses (e.g., work schedule, eating disorders).	V, W	D, M
1.2.3	recognize deficient diet.	V, W, P	M
	a) analyze fast foods (e.g., balanced fast foods, budget eating).	V, W, P	M
1.2.4	recognize influence of alcohol, drug abuse.	V, W	M
1.2.5	understand basal metabolic rate, calorie needs.	V, W	M
	a) demonstrate knowledge of individual calorie needs.	V, W, P	D, M
	b) recognize differences in activities and calories used.	V, W, P	D, M
1.2.6	design healthy diet.	V, W	D, M
	a) demonstrate knowledge of personal caloric needs.	V, W, P	M
	b) record calories, fats, proteins, carbohydrates, proteins for five days.	V, W, P	D, M
	c) discuss enhancement of diet.	V, W, P	I, D

1.3 Students will develop knowledge of muscles. (3.12.3, 5.12.6)

Students will:

Essential Learnings		Assessment	Map
1.3.1	understand energy and metabolism.	V, W for all.	M
1.3.2	recognize how muscles work.		D, M
1.3.3	understand muscle development.		M
1.3.4	identify 15 major muscles.		M

1.4 Students will understand fitness concepts. (5.12.3-6, 7.12.1-5)

Students will:

Essential Learnings		Assessment	Map
1.4.1	utilize training concepts (e.g., power, strength, endurance).	V, W	D, M
1.4.2	determine personal need.	V, W	I, D
1.4.3	understand cardiovascular fitness (e.g., heart function, aging).	V, W, P	M
1.4.4	develop a lifetime wellness plan using individual fitness goals.	V, W, P	D, M
	a) review aerobics.	V, W	M
	b) review lifting goals/program.	V, W	M

1.4.5	understand strains and sprains.	V, W	D, M
	a) utilize R.I.C.E.	V, W	M
	b) delineate warm-up/cool down.	V, W	M

1.5 Students will develop knowledge of the human skeleton. (3.12.3, 5.12.6)

Students will:

Essential Learnings		Assessment	Map
1.5.1	identify the major bones.	V, W for all.	M for all.
1.5.2	identify joints.		

1.6 Students will understand personal care and appearance. (1.12.1-3, 5.12. 3-6)

Students will:

Essential Learnings		Assessment	Map
1.6.1	discuss tooth/mouth hygiene.	V, W for all.	M
1.6.2	discuss personal hygiene.		M
1.6.3	discuss public health and services available.		I, D

Standard 2: Students will demonstrate the ability to use critical thinking and decision making to enhance health. (HECS—1, 3, 5-7)

2.1 Students will develop responsible decision making skills. (1.12.4, 5.12.1-2)

Students will:

Essential Learnings		Assessment	Map
2.1.1	understand the individual decision making process.	V, W, P for all.	M
2.1.2	recognize personal quality of life.		D, M
2.1.3	recognize new responsible decisions.		I, D
2.1.4	recognize individual differences/lifestyles.		D, M
2.1.5	demonstrate personal decision process.		M
2.1.6	discuss freshman/sophomore growth.		D, M
2.1.7	apply goal setting.		D, M

2.2 Students will develop knowledge of reproduction. (5.12.1-2, 5.12.6)

Students will:

Essential Learnings		Assessment	Map
2.2.1	discuss children/family.	V, W	M
2.2.2	discuss human development.	V, W	M
2.2.3	discuss male reproduction.	V, W	M
2.2.4	discuss female reproduction.	V, W	M
2.2.5	discuss STDs.	V, W	D, M
2.2.6	understand self-examination.	P	D, M

2.3 Students will recognize media influence. (5.12.1-2)

Students will:

Essential Learnings		Assessment	Map
2.3.1	understand commercial influences.	V, W for all.	D, M
2.3.2	understand assumed ideals (e.g., body types).		D, M
2.3.3	discuss personal strengths.		M

2.4 Students will understand environmental health. (5.12.2, 5.12.6, 7.12.3, 7.12.5)

Students will:

Essential Learnings		Assessment	Map
2.4.1	discuss daily environment.	V, W for all.	I, D
2.4.2	discuss population impacts.		I, D
2.4.3	recognize waste/pollution impacts.		I, D
2.4.4	determine “quality of life”.		D, M
2.4.5	make related predictions for the 21 st Century.		D

2.5 Students will examine health related careers. (WPC—3 (3.12.3-4), 6 (6.12.1-6)

Students will:

Essential Learnings		Assessment	Map
2.5.1	recognize lifestyle.	V, W, P for all.	D, M
2.5.2	determine strengths/direction.		D, M
2.5.3	pursue career project.		D, M
2.5.4	recognize personal bias/decisions.		D, M

2.6 Students will examine wellness/fitness issues. (1.12.3, 5.12.1-2, 5.12.6)

Students will:

Essential Learnings		Assessment	Map
2.6.1	research current wellness/fitness issues.	V, W	I, D
2.6.2	discuss alternative health concepts.	V	I, D
2.6.3	pursue appropriate research project related to current issues.	V, W, P	I, D

Standard 3: Students will demonstrate interpersonal communication skills to enhance health. (HECS—5-6)

3.1 Students will develop an understanding of mental health. (5.12.1-2, 5.12.6, 6.12.1-6)

Students will:

Essential Learnings		Assessment	Map
3.1.1	discuss freshman/sophomore mental growth. a) review peer pressure/self-concept.	V, W for all.	D, M
3.1.2	discuss confidence/self-concept.		M
3.1.3	discuss drug/alcohol influence.		M

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3.1.4	discuss death/dying (e.g., grief, suicide, lifestyle accidents).		D, M
3.1.5	understand depression.		M

3.2 Students will develop an understanding of conflict resolution. (5.12.1-2, 6.12.1-6)

Students will:

Essential Learnings		Assessment	Map
3.2.1	discuss personal style.	V, W for all.	M
3.2.2	discuss world conflict resolution.		D, M
3.2.3	understand age appropriate resolution.		M
	a) realize legal system parameters.		D, M
3.2.4	discuss family resolution.		D, M
	a) understand relationships.	M	

3.3 Students will develop knowledge of relationships. (5.12.1-2, 6.12.1-6)

Students will:

Essential Learnings		Assessment	Map
3.3.1	discuss marriage.	V for all.	M for all.
3.3.2	discuss divorce.		
3.3.3	discuss alternatives.		
3.3.4	discuss dating communication.		
3.3.5	discuss sex roles/gender expectations.		
3.3.6	discuss “love”.		

3.4 Students will develop an understanding of family relationships/living. (5.12.1-2, 6.12.1-6)

Students will:

Essential Learnings		Assessment	Map
3.4.1	recognize social/legal responsibilities.	V, W for all.	D, M
3.4.2	understand stages of child development.		M
3.4.3	discuss sexuality/gender expectations through developmental stages.		D, M
3.4.4	discuss age appropriate relationships.		M
3.4.5	discuss relationship problems.		M
	a) recognize incest, date rape, and violence.		D, M
	b) develop knowledge of available services.		D, M
3.4.6	understand sexual harassment.		M
	a) recognize appropriate interaction.		M
	b) recognize inappropriate verbal/physical actions.		M

Standard 4: Students will demonstrate health-enhancing behaviors. (HECS—1, 5, 7)

4.1 Students will develop an understanding of disease. (1.12.5, 5.12.6, 7.12.3-5)

Students will:

Essential Learnings	Assessment	Map
4.1.1 update HIV/Aids information.	V, W, P for all.	M for all.
4.1.2 discuss current disease prevention.		
4.1.3 review STDs.		

4.2 Students will develop an understanding of drugs/alcohol/smoking abuse. (1.12.2, 5.12.1-2, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
4.2.1 recognize FAS.	V, W, P	D, M
4.2.2 understand birth defects.	V, W, P	M
4.2.3 understand controlling habits.	V, W, P	M
4.2.4 discuss social/family responsibility.	V, W, P	M
4.2.5 develop a knowledge of use outcomes/results.	P	M
a) impact on school/friends/family/life.	V, W, P	M
b) discuss why people use/abuse.	V, W, P	M
c) understand knowledge of addiction.	V, W, P	M

4.3 Students will understanding eating disorders. (1.12.1-2, 5.12.1-2, 5.12.6)

Students will:

Essential Learnings	Assessment	Map
4.3.1 discuss personal/media pressures.	V, W for all.	M
4.3.2 recognize anorexia.		M
4.3.3 recognize bulimia.		M
4.3.4 discuss lifetime pressures.		D, M

Physical Education Segment

Standard 1: Students will demonstrate competency in performance and application of concepts in a variety of movement forms. (HECS—2-4)

Benchmarks

1.1 Students will understand and apply knowledge of basketball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.1.1 display skill basics	O	D
1.1.2 apply basketball terminology.	V, O	D
1.1.3 apply offense/defense strategies.	V, O	D
1.1.4 display teamwork/strategy.	O	D, M
1.1.5 apply knowledge of scoring and rules.	V, O, W	D, M
1.1.6 demonstrate appropriate safety guidelines.	V, O	D, M
1.1.7 demonstrate appropriate equipment respect and care.	V, O	D, M
1.1.8 expand lifetime activity.	V	D

1.2 Students will understand and apply knowledge of soccer. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.2.1 display skill basics.	O	D
1.2.2 apply soccer terminology.	V, O	D
1.2.3 apply offense/defense.	V, O	D
1.2.4 identify position responsibility	V, O	D
1.2.5 display teamwork.	O	D, M
1.2.6 apply knowledge of scoring and rules.	V, O, W	D, M
1.2.7 demonstrate appropriate safety guidelines.	V, O	D
1.2.8 demonstrate appropriate equipment respect and care.	V, O	D
1.2.9 expand lifetime activity.	V	D, M

1.3 Students will understand and apply knowledge of flag football. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.3.1 display basic ball-handling skills	O	D
1.3.2 apply flag football terminology.	V, O	D
1.3.3 demonstrate position responsibilities.	V, O	D
1.3.4 apply basic offense/defense.	V, O	D
1.3.5 display teamwork/plays.	O	D, M
1.3.6 apply knowledge of scoring and rules.	V, O, W	D
1.3.7 demonstrate appropriate safety guidelines.	V, O	D
1.3.8 demonstrate appropriate equipment respect and care.	V, O	D
1.3.9 expand lifetime activity.	V	D

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1.4 Students will understand and apply knowledge of table tennis. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.4.1 demonstrate skill basics.	V, O	D for all.
1.4.2 apply knowledge of scoring and rules.	V, O, W	
1.4.3 demonstrate appropriate equipment respect and care.	V, O	
1.4.4 demonstrate appropriate safety guidelines.	V, O	
1.4.5 expand lifetime activity.	V	

1.5 Students will understand and apply knowledge of golf. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.5.1 demonstrate basic golf swing.	V, O	D for all.
1.5.2 demonstrate knowledge of clubs.	V, O	
1.5.3 utilize terminology.	V, O	
1.5.4 understand golf etiquette.	V, O	
1.5.5 comprehend basic game flow.	V, O	
1.5.6 become acquainted with local courses.	V, O	
1.5.7 display knowledge of scoring and rules.	V, O, W	
1.5.8 demonstrate appropriate equipment respect and care.	V, O	
1.5.9 demonstrate appropriate safety guidelines.	V, O	
1.5.10 expand lifetime activity.	V	

1.6 Students will understand and apply knowledge of bowling. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.6.1 demonstrate skill basics (e.g., proper delivery and approach).	V, O	D for all.
1.6.2 apply basic terminology.	V, O	
1.6.3 display knowledge of scoring and rules.	V, O, W	
1.6.4 demonstrate appropriate equipment respect and care.	V, O	
1.6.5 demonstrate appropriate safety guidelines.	V, O	
1.6.6 expand lifetime activity.	V	

1.7 Students will understand and apply knowledge of speedball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.7.1 demonstrate basic soccer skills.	O	D
1.7.2 understand basic football strategy.	V, O	D
1.7.3 display basic game combinations (e.g., lift of self, lift to partner, pass/receive).	V, O	D
1.7.4 display game flow.	V, O	D
1.7.5 display teamwork.	O	D, M
1.7.6 display knowledge of scoring and rules	V, O, W	D

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1.7.7	demonstrate appropriate safety guidelines.	V, O	D
1.7.8	expand lifetime activity.	V	D

1.8 Students will understand and apply knowledge of team handball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.8.1	demonstrate skill basics.	O	D
1.8.2	understand basic game concept (e.g., offense, defense, teamwork).	V, O	D
1.8.3	display game flow.	V, O	D, M
1.8.4	display avoidance tactics.	O	D
1.8.5	display fast pace.	O	D
1.8.6	display teamwork.	O	D, M
1.8.7	display knowledge of scoring and rules.	V, O, W	D
1.8.8	know game history.	V	D
1.8.9	demonstrate appropriate safety guidelines.	V, O	D
1.8.10	expand lifetime activity.	V	D

1.9 Students will understand and apply knowledge of scooter-soccer. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.9.1	demonstrate skill basics (e.g., strength specific moves—stomach, legs).	O	D for all.
1.9.2	understand offense/defense.	V, O	
1.9.3	experience aerobic activity.	V, O	
1.9.4	display sportsmanship.	O	
1.9.5	display teamwork.	O	
1.9.6	display knowledge of scoring and rules.	V, O	
1.9.7	demonstrate appropriate safety guidelines.	V, O	
1.9.8	expand lifetime activities.	V	

1.10 Students will understand and apply knowledge of pickleball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings		Assessment	Map
1.10.1	demonstrate basic swings (e.g., forehand, backhand, smash, serve).	O	D
1.10.2	comprehend basic terminology.	V, O	D
1.10.3	utilize game strategy.	V, O	D
1.10.4	display teamwork (offense/defense).	O	D, M
1.10.5	display knowledge of scoring and rules.	V, O	D
1.10.6	demonstrate appropriate safety guidelines.	V, O	D
1.10.7	expand lifetime activity.	V	D

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1.11 Students will understand and apply knowledge of volleyball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.11.1 demonstrate basic ball handling skills (e.g., overhead set, forearm pass, basic spike, basic block, serve, movement/footwork).	O	D
1.11.2 comprehend basic terminology.	V, O, W	D
1.11.3 demonstrate basic game strategy.	V, O	D
1.11.4 display teamwork.	O	D, M
1.11.5 display knowledge of scoring and rules.	V, O	D
1.11.6 demonstrate appropriate equipment respect and care.	V, O	D
1.11.7 demonstrate appropriate safety guidelines.	V, O	D
1.11.8 expand lifetime activity.	V	D

1.12 Students will understand and apply knowledge of badminton. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.12.1 demonstrate basic game swings (e.g., forehand, backhand, smash, lob, serve).	O	D
1.12.2 utilize basic terminology.	V, O, W	D
1.12.3 demonstrate game strategy.	V, O	D
1.12.4 display teamwork.	O	D, M
1.12.5 display knowledge of scoring and rules.	V, O, W	D
1.12.6 demonstrate appropriate equipment respect and care.	V, O	D
1.12.7 demonstrate appropriate safety guidelines.	V, O	D
1.12.8 expand lifetime activity.	V	D

1.13 Students will understand and apply knowledge of cross country skiing. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.13.1 demonstrate basic cross country skills (e.g., kick and glide, uphill herringbone).	V, O	D for all.
1.13.2 comprehend basic terminology.	V, O, W	
1.13.3 display basic knowledge of equipment choice.	V, O	
1.13.4 utilize appropriate safety techniques and guidelines.	V, O	
1.13.5 demonstrate appropriate equipment respect and care.	V, O	
1.13.6 demonstrate appropriate safety guidelines.	V, O	
1.13.7 expand lifetime activity.	V	

1.14 Students will understand and apply knowledge of archery. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.14.1 demonstrate basic shooting skills.	V, O	D for all.

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1.14.2 demonstrate shooting skill from a variety of distances.	V, O	
1.14.3 recognize instinctive shooting.	V, O, W	
1.14.4 apply basic terminology	V, O, W	
1.14.5 display basic knowledge of equipment (e.g., recurved bow, compound bow, longbow).	V, O, W	
1.14.6 demonstrate use of arrow (e.g., size needed, arrow care, specific points).	V, O	
1.14.7 demonstrate appropriate equipment respect and care.	V, O	
1.14.8 understand choice of equipment and use for all.	V, O	
1.14.9 demonstrate extreme safety techniques and guidelines	V, O	
a) follow range commands (e.g. fire, cease fire, retrieve arrows).		
b) understand no one in front of shooter.		
1.14.10 emphasize lifetime activity.	V	

1.15 Students will understand and apply knowledge of softball. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.15.1 demonstrate basic ball handling skills. a) catching. b) throwing (e.g., underhand, overhand). c) pitching (e.g., slow pitch, fast pitch).	V, O	D
1.15.2 demonstrate basic batting skills.	V, O	D
1.15.3 demonstrate aggressive base running.	V, O	D
1.15.4 demonstrate skill at a variety of positions/coverage.	V, O	D
1.15.5 recognize field layout.	V, O	D
1.15.6 display teamwork.	O	D, M
1.15.7 display knowledge of scoring and rules.	V, O, W	D
1.15.8 demonstrate basic umpire skills.	O	D
1.15.9 demonstrate appropriate equipment respect and care.	V, O	D
1.15.10 demonstrate appropriate safety techniques and guidelines.	V, O	D
1.15.11 expand lifetime activity.	V	D

1.16 Students will understand and apply knowledge of track events. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.16.1 recognize track layout/distances.	V, O	D for all.
1.16.2 utilize vocabulary.	V, O	
1.16.3 demonstrate track/field events. a) relays, 100m, 400m, 800m, mile. long jump, high jump, softball throw.	O	
1.16.4 display knowledge of scoring and rules.	V, W, O	

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1.16.5 demonstrate appropriate equipment respect and care.	V, O	
1.16.6 demonstrate appropriate safety techniques and guidelines.	V, O	
1.16.7 experience class track meet.	O	
1.16.8 expand lifetime activity.	V	

1.17 Students will understand and apply knowledge of wrestling. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.17.1 understand basic holds and moves (e.g., take down, stance, advantage and disadvantage positions).	V, O	D for all.
1.17.2 comprehend basic terminology.	V, O, W	
1.17.3 display knowledge of scoring and rules.	V, O, W	
1.17.4 display teamwork.	O	
1.17.5 demonstrate appropriate equipment respect and care.	V, O	
1.17.6 demonstrate appropriate safety techniques and guidelines.	V, O	
1.17.7 expand lifetime activity.	V	

1.18 Students will understand and apply knowledge of social dances. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.18.1 demonstrate traditional and social dances.	V, O	D for all.
1.18.2 utilize music choice.	O	
1.18.3 demonstrate partner synchronization/creativity.	V, O	
1.18.4 expand lifetime activity.	V	

1.19 Students will understand and apply knowledge of weight training. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings	Assessment	Map
1.19.1 understand and demonstrate basic lifting concepts (e.g., set, power, endurance, tone).	V, O	D
1.19.2 develop individual goals.	V, O, W	D
a) demonstrate record keeping.		
b) understand lifting results.		
c) demonstrate personal lifting concept.		
1.19.3 understand basic terminology.	V, O, W	D, M
1.19.4 demonstrate appropriate safety techniques and guidelines.	V, O	D, M
a) responsible weight room actions.		
b) utilize partner/spotters.		
1.19.5 demonstrate appropriate equipment respect and care.	V, O	D, M
1.19.6 expand lifetime activity.	V	D

1.20 Students will understand and apply knowledge of challenge based team activities. (2.12.1, 3.12.1-3, 4.12.1-2)

Students will:

Essential Learnings	Assessment	Map
1.20.1 utilize appropriate movement skills.	V, O	I, D for all.
1.20.2 demonstrate personal fitness/skill levels.	O	
1.20.3 display teamwork/strategy.	O	
1.20.4 demonstrate appropriate equipment respect and care.	V, O	
1.20.5 demonstrate appropriate safety techniques and guidelines.	V, O	
1.20.6 expand lifetime activity.	V	

Standard 2: Students will achieve and maintain a challenging level of health-related physical fitness. (HECS—2-4)

2.1 Students will perform fitness tests. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings	Assessment	Map
2.1.1 develop knowledge of lifetime fitness benefits (e.g., adult lifestyles, student lifestyles).	V, O, W	D for all.
2.1.2 interpret presidential fitness test a) utilize test 2-3 times/year. b) understand national ranking. c) compare results year to year.	V, O, W	
2.1.3 develop personal fitness plan. a) realize changing fitness levels. b) realize personal strengths and weaknesses. c) understand record keeping. d) incorporate warm-up elements	V, O, W	
2.1.4 expand lifetime activity.	V	

2.2 Students will comprehend aerobic fitness/weight control. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings	Assessment	Map
2.2.1 understand aerobic elements of fitness (e.g., heart rate, aerobic concept, aerobic activity).	V, O	D for all.
2.2.2 demonstrate aerobic activity (e.g., speed-walking, jogging, aerobic tapes, aerobic equipment).	O	
2.2.3 understand use of fitness equipment.	V, O	
2.2.4 apply wellness concepts (e.g., wellness Wednesday).	V, O, W	
2.2.5 develop knowledge of body types.	V, O, W	
2.2.6 develop knowledge of lean muscle mass.	V, W	
2.2.7 develop knowledge of body fat metabolism.	V, W	

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2.2.8	develop personal fitness plan for self and others.	V	
2.2.9	expand lifetime activity.	V	

2.3 Students will understand and apply knowledge of jogging/running. (2.12.1, 3.12.1-3, 4.12.1-4)

Students will:

Essential Learnings		Assessment	Map
2.3.1	demonstrate knowledge of use of jogging/running for fitness goals. a) recognize aerobic levels. b) recognize cardiovascular run. c) realize style is goal specific.	V, O	D for all.
2.3.2	demonstrate proper breathing fitness.	O	
2.3.3	recognize training/heart rate.	V, O, W	
2.3.4	determine individual goals/rate.	V, O, W	
2.3.5	recognize improvement.	V, O	
2.3.6	recognize good equipment.	V	
2.3.7	demonstrate appropriate safety techniques and guidelines.	V	
2.3.8	expand lifetime activity.	V	