

## FITNESS

All sophomores must take fitness

The focus in this course is Wellness and the goal is to provide the students with as many different ways to improve their wellness as possible.

- **1<sup>st</sup> Quarter:** involves reviewing the 5 fitness components and then testing every student's level of Fitness using the Cooper Institute Fitnessgram. The students are asked to compare their results with the Healthy Living Standards and then set goals on how to improve their fitness levels. Mini unit in football.

**Nutrition Topics:** Breakfast and Sugar in Foods

**Summative Assessment:** 20-minute jog without stopping

- **2<sup>nd</sup> Quarter:** involves students learning how to use dumbbells, ankle weights, bosu balls, stability balls, exercise bands, steppers, and a multitude of plyometric, abdominal and core exercises. These activities are then incorporated into circuits, which give the students experiences in "working out" without a gym.

**Nutrition Topics:** Hydration, Food Groups, Fruits and Vegetables

**Summative Assessment:** Perform 10 squats using correct form

Perform 20 lunges using correct form

- **3<sup>rd</sup> Quarter:** moves the class into the weight room where the students are taught how to use the machines and what muscles and their locations are being worked at the machines. They are taught weight training principles, how to keep a log, and weight room etiquette.

**Nutrition Topics:** Sleep and Relaxation, Making Healthy Food Choices

**Summative Assessment:** weight training record keeping card

Muscle and weight machine written assessment

- **4<sup>th</sup> Quarter:** involves teaching mini units in, yoga, Pilates, ultimate Frisbee, and wiffle ball. Retesting the fitness components to check for improvement

**Nutrition Topics:** Portion Sizes, Food Labels

**Summative Assessment:** Perform 10 pushups using correct form

Design a fitness plan