

Personal Fitness:

Assessments for Understanding:

Pictures, Videos, Google Hangouts, Journals, Fitness Logs, Projects

Focus: Practices healthy behaviors that maintain or impact physical fitness.

Power Standards:

4:4:A1 Develops an appropriate health-related physical fitness exercise program based on fitness assessment results and classroom activities.

4:4:A7 Identifies a variety of activities and how often they should be done to improve all health-related fitness components.

Focus: Demonstrates an awareness of the intrinsic values and benefits of participation in physical activity that provides personal meaning.

Power Standards:

6:4:B3 Describes the positive feelings that result from physical activity participation alone and with others.