

<b>Pacing Guide: Fitness and Wellness</b>					
<b>Content and Duration</b>	<b>Content Expectation (GLCE/HSCE)</b>	<b>Student Learning Targets</b>	<b>Content Vocabulary</b>	<b>Required Activities</b>	<b>Common Assessments and Rubrics</b>
<b>Tested 3-5 times per Trimester Week 1, 4, 8, 12</b>	PECS#6 All students will develop and maintain healthy levels of cardio respiratory endurance.	Students must meet the criterion referenced health related fitness standards for 4 of the 5 pacer tests	Cardiovascular Fitness Muscular Strength and Endurance Body Composition	(Pacer Test) Super 7 Power Walk Speed Interval Training Many Aerobic Activities	(Pacer Test)
<b>Tested 3-5 times per Trimester Week 1, 4, 8, 12</b>	PECS #7 All students will develop and maintain levels of muscular strength and endurance.	Students must meet the criterion referenced health related fitness standards for 4 of the 5 pacer tests	Free weights Core Cellular respiration Exhale, inhale	Weight training Push-up Sit-up Cross-Training Core strengthening	(Pacer Test)
<b>Tested 3-5 times per Trimester Week 1, 4, 8, 12</b>	PECS#8 All students will develop and maintain healthy levels of flexibility of selected joints of the body.	Students must meet the criterion referenced health related fitness standards for 4 of the 5 pacer tests		Static stretching (Post exercise) Dynamic Stretching (Pre exercise)	(Pacer Test)
<b>September</b>	<b># PECS 12</b> Students will describe the effects of activity and inactivity and formulates examples of lifestyle choices that result in the development and maintenance of health-related fitness	Students will be able to calculate their own heart rate, heart rate range, resting heart through formulas and heart rate sticks.	Obesity Cardiovascular disease Stroke Target Heart rate BMI Weight management	BMI or Percent Body Fat Test Exercise Target Heart Rate calculations	BMI Test Unit Quiz
<b>October</b>	PECS#14 All students will value physical activity and its contribution to lifelong health and well-being	<b>Students must create an exercise routine for a family member.</b>	Warm-up, cool down, exercise, self assessment	<b>Exercise report and fitness diary</b>	
<b>October</b>	HEALTHCS#3 Students will practice health enhancing behaviors and reduce health risks	Student will assess physical fitness levels by monitoring; exercise heart rate, resting heart rate, weight loss or gain, diet, alcohol and tobacco consumption	Weight loss Food pyramid Essential vitamins & nutrients Caloric intake Essential nutrients Factors influencing health	<b>Mypyramid.gov activities: Intake analysis, calculate my energy balance, and analyze physical activities,</b>	<b>Balanced energy analysis</b>

