Department: PE
Course Title: Personal Fitness
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Date: 2/14/25

Unit Title	Unit Length (weeks)	Dates of Unit (Month - Month)	Essential Questions	Topics to be Covered Texts Used	Skills to be Assessed	Standard Alignment	Formative Assessments	Summative Assessments
Cardio		August - September	- Why is cardio important to overall fitness? - What are cardio guidelines? - How do I determine if cardio workout is effective?	- Examples of cardio activities - Calculation heart rate - Determining Perceived Rate of Exertion	- Proper use of cardio machines - Ability to calculate/monitor target heart rate - Abitlity to determine/monitor PRE	1.12.5 - 2.12.10 - 2.12.9 3.12.6	- daily workouts	- Workout plans/reflection
Strength Training			- What are the benefits of strength training? - How many sets/reps should be performed? - How much weight should be used? - What are different options for strength training besides typical weight equipment?	- Technique/proper use of strength training exercises/machines - Importance of maintaining adequate strength - Determining proper work load	- How to implement the one rep. max to determine work load - Proper use of strength training equipment - Ability to determine appropriate work load/rests based on individual goals	1.12.6 3.12.6	- daily workouts	- Workout plans/reflection
Flexibility			- What does flexibility mean? - Why is maintaining flexibility important?	- Definition of flexbility - Types of flexibility exercises - Importance of maintaining		1.12.7 - 2.12.12 3.12.6 - 4.12.5	- daily workouts	- workout plans/reflection
Personal Workouts		September - January	- What elements should be in a exercise plan? - Why is variety important in personal exercise plans?	- Creating, assessing, and revising personalized fitness plans	- Collaborating to create, assess, and revise personalized fitness plans - Setting goals	1.12.8 2.12.8	- daily workouts - goal setting/fitness plans	- Fitness Plan Reflection