

Washington State Learning Standards Alignment for Health & Fitness

Carone Fitness Course: Fitness Fundamentals 2

Number High School Year 2 Fitness Fundamentals 2

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

LIFE TIME ACTIVITIES

PE1.1.HS2	Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target).	Fitness logs; Exercise Library
PE1.2.HS2	Refine activity-specific movement skills in two or more individual performance activities.	Section 4.2 - Lesson: Benefits of Strength Training, Upper Body Exercises, Lower Body Exercises, Core Exercises, Section 4.2 - Assignment: Personal Training
PE1.3.HS2	Refine activity-specific movement skills in two or more outdoor pursuits.	Fitness logs

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

MOVEMENT AND CONCEPT STRATEGIES

PE2.1.HS2	Create and apply multiple offensive and defensive strategies for game play.	Section 4.2 - Lesson: Benefits of Strength Training, Upper Body Exercises, Lower Body Exercises, Core Exercises, Section 4.2 - Assignment: Personal Training
PE2.2.HS2	Use movement concepts to develop a plan to improve advanced performance skill in a self-selected skill.	Section 4.2 - Lesson: Benefits of Strength Training, Upper Body Exercises, Lower Body Exercises, Core Exercises, Section 4.2 - Assignment: Personal Training

PE2.3.HS2 Create plan to improve performance of a self-selected motor skill. Section 4.2 - Lessons: Upper Body Exercises, Lower Body Exercises, Core Exercises, Section 4.2 - Assignment: Personal Training

PE2.4.HS2 Apply training principles and knowledge to two or more selfselected activities. Section 5.1 - Lesson: FITT Flexibility Training

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY

PE3.1.HS2 Evaluate benefits of a physically active lifestyle as it relates to college or career productivity. Section 1.2 - Lesson: Risk Factors, Section 3.1 - Team Huddle: Couch Potato; Section 2.1 Discussion- Health career

PE3.2.HS2 Evaluate (according to benefits, social support, and participation requirements) activities that can be pursued in the local environment. Section 1.2 - Team Huddle: Workout Environment, Section 2.1 - Lesson: Create an Exercise Program, Section 2.1 - Assignment: Workout Schedule, Section 2.3 - Lesson: Strength Training Equipment, Cardio Equipment, Core Equipment, Section 2.3 - Assignment: Home Gym

PE3.3.HS2 Evaluate barriers to physical activity throughout the life span and promote strategies to overcome them. Section 1.2 - Lesson: Risk Factors, Section 3.1 - Team Huddle: Couch Potato; Section 2.1 Discussion- Health career; Section 7.1 Lesson: Staying Active

PE3.4.HS2 Create a plan, train for, and participate in a community event with a focus on physical activity. Section 2.1 create an Exercise Program- - creates a plan, trains and participates exercise for the class community (though not the physical community)

FITNESS

PE3.5.HS2a	Analyze recovery heart rate in relationship to fitness level and overall health.	Unit 3: Cardiovascular Training
PE3.5.HS2b	Analyze types of muscular strength, muscular endurance, and flexibility exercises for personal fitness development.	Unit 1: Fitness Assessment & Analysis Weekly Fitness Logs; Section 1.1 - Lesson: Fitness Assessment, Section 1.1 - Assignment: Fitness Assessment, Section 1.3 - Lesson: Goal Setting, Finding Time for Fitness, Section 1.3 - Assignment: Goal Setting
PE3.6.HS2	Use training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) to design a personal workout.	Weekly Fitness Logs; Section 1.1 - Lesson: Fitness Assessment, Section 1.1 - Assignment: Fitness Assessment, Section 1.3 - Lesson: Goal Setting, Finding Time for Fitness, Section 1.3 - Assignment: Goal Setting
PE3.7.HS2	Participate regularly in a variety of self-selected fitness activities outside of school.	Section 1.1 - Lesson: Fitness Assessment, Section 1.1 - Assignment: Fitness Assessment, Section 1.3 - Lesson: Goal Setting, Finding Time for Fitness, Section 1.3 - Assignment: Goal Setting
PE3.8.HS2	Design and implement a strength, conditioning, and nutrition plan that develops balance in opposing muscle groups (agonist and antagonist) and supports a healthy, active lifestyle to maintain or improve body composition.	Section 1.1 - Lesson: Fitness Assessment, Section 1.1 - Assignment: Fitness Assessment, Section 1.3 - Lesson: Goal Setting, Finding Time for Fitness, Section 1.3 - Assignment: Goal Setting

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others.

PE4.1.HS2	Analyze barriers that prevent opportunities for physical activity inside and outside of school.	Section 3.1 - Team Huddle: Couch Potato
PE4.2.HS2	Examine moral and ethical conduct in specific competitive situations.	Section 2.1 Create an Exercise Program- students have to take the lead in their own physical activity programs
PE4.3.HS2a	Assume a leadership role in a physical activity setting.	Section 2.2 - Team Huddle: Far Reaching Effects
PE4.3.HS2b	Describe the importance of treating individuals with dignity and respect during physical activity.	

PE4.4.HS2 Apply best practices for participating safely in physical activity and exercise. Found in sections throughout course (Example: Section 2.3 exercise Equipment; Section 4.2 Strength Training Exercises)

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

PE5.1.HS2	Choose an appropriate level of challenge to experience success in a self-selected physical activity.	Section 1.2 - Lesson: Fitness Analysis, Section 1.2 - Assignment: Health & Fitness Analysis
PE5.2.HS2	Participate in a self-selected physical activity for self-expression and enjoyment.	Fitness Logs throughout; Section 2.1 Create an Exercise Program; Section 3.2 - Assignment: Try a New Exercise
PE5.3.HS2	Evaluate opportunities for social interaction and social support in a self-selected physical activity.	Section 2.1 Discussion on the social opportunities with physical activities and vice versa