

## MSAD #54 Curriculum

Content Area: Physical Education  
Unit: Individualized Fitness Plan

Grade: 9- Diploma  
MLR Span: 9-Diploma

MLR Content Standard:

**G. Movement/Motor Skills and Knowledge:** Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

**H. Physical Fitness Activities and Knowledge:** Students demonstrate and apply fitness concepts.

**I. Personal and Social Skills and Knowledge:** Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

**G3 Skill-Related Fitness Components**

**G4 Skill Improvement**

**H1 Fitness Assessment**

**H2 Health-Related Fitness Plan**

**H3 Fitness Activity**

**H4 Physical Activity Benefits**

**I1 Cooperative Skills**

**I2 Responsible Behavior**

**I3 Safety Rules and Rules of Play**

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p><b>G3 Skill-Related Fitness Components</b></p> <p>Students explain the relationship of skill-related fitness components to <i>specialized movement skills</i>.</p> <p><b>G4 Skill Improvement</b></p> <p>Students design appropriate practice sessions, utilizing <i>fundamental movement skills</i> to improve performance.</p> <p><b>H1 Fitness Assessment</b></p> <p>Students participate in a <i>health-related fitness assessment</i> to establish personal fitness goals and reassess their fitness over time.</p> <p><b>H2 Health-Related Fitness Plan</b></p> <p>Students design and critique a personal fitness plan, from established goals, that applies the five <i>health-related fitness components</i> and the <i>principles of training</i> (specificity, overload, and progression).</p> <p><b>H3 Fitness Activity</b></p> <p>Students select and participate in physical activities that address their personal fitness plans and apply the five <i>health-related fitness components</i></p> <p><b>H4 Physical Activity Benefits</b></p> <p>Students explain the interrelationship of physiological responses and physical,</p>	<p>Students will:</p> <p>Understand concepts associated with the five fitness components:  Cardiorespiratory endurance;  Muscular strength;  Muscular endurance;  Body composition; and  Flexibility.</p>	<p><b>Lesson 1</b></p> <p>Introduction to strength training activities utilizing a variety of equipment in the weight room.</p> <p>Activity: Participation in strength training activities.</p> <p>Assessment: Informal Observartion</p> <p><b>Lesson 2</b></p> <p>Learn how to use the heart rate monitors to evaluate and alter their level of activity.</p> <p>Activities: Participate in aerobic activities utilizing the HRM.</p> <p>Assessment: PE Manager Assessment</p> <p><b>Lesson 3</b></p> <p>Set personal goals related to their fitness plan.</p> <p>Activities: Students will participate in an individualized fitness plan to improve their personal goals.</p> <p>Assessment: PE Manager Assessment</p>

mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

### **I1 Cooperative Skills**

**Students demonstrate collaborative skills while participating in physical activities.**

a. Accept constructive feedback.

c. Include peers respectfully in activities.

### **I2 Responsible Behavior**

**Students demonstrate responsible and ethical personal behavior while participating in physical activities.**

### **I3 Safety Rules and Rules of Play**

**Students predict how etiquette/rules improve games/activities.**

a. Explain how etiquette/rules contribute to productive participation.

b. Predict how modifications to the environment can impact safety during games/physical activities.

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