

## WEEK 1: EXPECTATIONS + FITNESSGRAM

**COURSE DESCRIPTION(S):** STUDENTS PERFORM MOTOR SKILLS THAT ARE COMBINED AND USED IN SPECIFIC GAME AND PERFORMANCE SITUATIONS. REFINE AND VARY SKILLS LEARNED IN ELEMENTARY YEARS USING THEM TO PARTICIPATE IN SMALL-SIDED GAMES, DANCE, OR INDIVIDUAL ACTIVITIES.

VOCABULARY	EQs	ACTIVITIES (DOs)
<p><b>PHYSICAL EDUCATION:</b> THE SUBJECT THAT INVOLVES PHYSICAL ACTIVITIES AND EXERCISES TO PROMOTE FITNESS AND HEALTH.</p> <p><b>FITNESS:</b> THE STATE OF BEING PHYSICALLY FIT AND HEALTHY.</p> <p><b>ENDURANCE:</b> THE ABILITY TO SUSTAIN PHYSICAL ACTIVITY FOR AN EXTENDED PERIOD WITHOUT GETTING TIRED.</p> <p><b>STRENGTH:</b> THE AMOUNT OF FORCE A MUSCLE CAN EXERT.</p> <p><b>FLEXIBILITY:</b> THE ABILITY TO MOVE JOINTS THROUGH A WIDE RANGE OF MOTION.</p> <p><b>CARDIOVASCULAR:</b> RELATING TO THE HEART AND BLOOD VESSELS.</p> <p><b>WARM-UP:</b> GENTLE EXERCISES PERFORMED AT THE BEGINNING OF A WORKOUT TO PREPARE THE BODY FOR MORE INTENSE ACTIVITIES.</p> <p><b>COOL-DOWN:</b> GENTLE EXERCISES PERFORMED AT THE END OF A WORKOUT TO GRADUALLY REDUCE HEART RATE AND RELAX MUSCLES.</p> <p><b>AEROBIC EXERCISE:</b> PHYSICAL ACTIVITY THAT INCREASES THE HEART RATE AND IMPROVES CARDIOVASCULAR ENDURANCE (E.G., RUNNING, SWIMMING, CYCLING).</p> <p><b>ANAEROBIC EXERCISE:</b> INTENSE PHYSICAL ACTIVITY THAT BUILDS STRENGTH AND POWER (E.G., WEIGHTLIFTING, SPRINTING).</p> <p><b>AGILITY:</b> THE ABILITY TO MOVE QUICKLY AND CHANGE DIRECTION WITH EASE.</p> <p><b>BALANCE:</b> THE ABILITY TO MAINTAIN BODY EQUILIBRIUM WHILE STANDING OR MOVING.</p> <p><b>COORDINATION:</b> THE ABILITY TO USE DIFFERENT PARTS OF THE BODY TOGETHER EFFICIENTLY.</p> <p><b>SPORTSMANSHIP:</b> FAIR AND RESPECTFUL BEHAVIOR TOWARDS TEAMMATES AND OPPONENTS IN SPORTS AND GAMES.</p> <p><b>TEAMWORK:</b> COLLABORATIVE EFFORT AMONG MEMBERS OF A GROUP TO ACHIEVE A COMMON GOAL.</p>	<p><b>TUESDAY: HOW DOES REGULAR PHYSICAL ACTIVITY CONTRIBUTE TO OVERALL HEALTH AND WELL-BEING?</b> (THIS QUESTION ENCOURAGES STUDENTS TO EXPLORE THE IMPORTANCE OF PHYSICAL ACTIVITY IN MAINTAINING A HEALTHY LIFESTYLE, UNDERSTANDING THE BENEFITS OF EXERCISE ON PHYSICAL, MENTAL, AND EMOTIONAL HEALTH.)</p> <p><b>WEDNESDAY: HOW CAN TEAMWORK AND COOPERATION ENHANCE THE OVERALL EXPERIENCE IN SPORTS AND GROUP EXERCISES?</b> (THIS QUESTION HIGHLIGHTS THE SIGNIFICANCE OF TEAMWORK AND COOPERATION IN SPORTS AND GROUP ACTIVITIES, FOSTERING SOCIAL SKILLS AND ENCOURAGING POSITIVE INTERACTIONS AMONG PEERS.)</p> <p><b>THURSDAY: WHAT ROLE DOES GOAL-SETTING PLAY IN PERSONAL FITNESS IMPROVEMENT AND SKILL DEVELOPMENT?</b> (THIS QUESTION ENCOURAGES STUDENTS TO REFLECT ON THE IMPORTANCE OF SETTING SPECIFIC, MEASURABLE, ACHIEVABLE, RELEVANT, AND TIME-BOUND (SMART) GOALS TO TRACK PROGRESS AND ENHANCE FITNESS LEVELS AND SKILL ACQUISITION.)</p> <p><b>FRIDAY: HOW DOES UNDERSTANDING AND APPLYING THE PRINCIPLES OF WARM-UP AND COOL-DOWN ROUTINES AFFECT PHYSICAL PERFORMANCE AND PREVENT INJURIES?</b> (THIS QUESTION INTRODUCES STUDENTS TO THE SIGNIFICANCE OF WARM-UP AND COOL-DOWN EXERCISES IN PREPARING THE BODY FOR PHYSICAL ACTIVITY AND PROMOTING INJURY PREVENTION.)</p>	<ul style="list-style-type: none"> <li>-ASSIGN LINE-UP FORMATION</li> <li>-GO OVER EXPECTATIONS</li> <li>-20 MINUTE WALK</li> <li>-FITNESS GRAM (PRE-TEST)</li> <li>-TOUR THE FACILITY</li> <li>-THE LOCKER ROOM + THE FIELD</li> <li>-LEARN THE STUDENT'S NAME GAME:</li> <li>-FRIDAY ASSESSMENT</li> </ul> <p><a href="https://youtu.be/V81c08xyMaI">https://youtu.be/V81c08xyMaI</a></p>

**HYDRATION:** THE PROCESS OF TAKING IN FLUIDS TO MAINTAIN BODY WATER BALANCE DURING PHYSICAL ACTIVITY.

**REST:** THE PERIOD OF RECOVERY BETWEEN PHYSICAL ACTIVITIES TO ALLOW THE BODY TO HEAL AND RECHARGE.

**EXERCISE ROUTINE:** A STRUCTURED SET OF PHYSICAL ACTIVITIES PERFORMED REGULARLY TO IMPROVE FITNESS.