

CCS COURSE MAP

SUBJECT: Advanced Fitness

GRADE LEVEL 8-12

COURSE LENGTH Year, biweekly

REVIEWED 2018-2019

Student Goals:											
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center;">I</td> <td>To participate regularly in physical activity.</td> </tr> <tr> <td style="text-align: center;">II</td> <td>To achieve and maintain a health-enhancing level of fitness.</td> </tr> <tr> <td style="text-align: center;">III</td> <td>To value physical activity for health, enjoyment, challenge, and/or self-expression.</td> </tr> </table>						I	To participate regularly in physical activity.	II	To achieve and maintain a health-enhancing level of fitness.	III	To value physical activity for health, enjoyment, challenge, and/or self-expression.
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Student Outcomes:											
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I	The students will be able to develop skills, knowledge, interest, and desire to independently maintain an active life-style.										
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UNIT/ WEEKS	STANDARD	OBJECTIVES	ACTIVITIES/ASSESSMENT	RESOURCES	BIBLICAL INTEGRATION						
Fitness Component 2 days week Year long	Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills) Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and	1.1 Students will demonstrate mature form for all loco motor and non-loco motor manipulative skills. 2.1 Students will identify principles of practice and conditioning that enhances performance. 3.1 Students will identify opportunities in the school and community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will investigate personal interests and capabilities in regard to one's exercise	Observation and Endurance Testing -timed mile -1 minute Abs Test Observation and daily participation What improvements have I made in my Fitness level? What must I do to achieve lifelong fitness? Why should I know my own Fitness Level? Students will set short term and long term fitness goals at the beginning of the year and at again at the end.	Various Teacher resources Pinterest Web searches P90X PLT4M-website and app that is a comprehensive program for fitness and athlete training	Colossians 3:23- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” 1 Corinthians 9:24-27 These passages show Paul’s knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with Jesus: 1. Commitment and discipline 2. Concentration, targeted effort (self-						

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	<p>performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 4: Achieves and maintains a health-enhancing level of fitness. Standard 5: Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>behavior. 4.1 Students will participate in moderate to vigorous activity in a variety of settings. 4.2 Students will begin to develop a strategy for the improvement of selected fitness components. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication. 6.2 Students will enjoy participation in physical activities.</p>			<p>control) What does the bible say about taking care of our body? 1 Corinthians 6:19-20 Romans 12:1 Luke 12:22 Genesis 1:27 Colossians 3:5 1 Peter 3:4 Philippians 4:6-7 Colossians 3:17 Ephesians 5:29 James 5:14 Matthew 6:13 Psalm 34:17-20 1 John 1:9</p>
<p>Strength Component</p>	<p>Standard 1: Demonstrates</p>	<p>1.1 Students will demonstrate mature form</p>	<p>Observation and daily participation Strength testing</p>	<p>Various Teacher resources</p>	<p>What does the bible say about taking care of our</p>

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<p>Biweekly for the year</p>	<p>competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills) Standard 2: Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge) Standard 3: Participates regularly in physical activity. (Physical Activity) Standard 4: Achieves and maintains a health-enhancing level of fitness. Standard 5: Exhibits</p>	<p>for all loco motor and non-loco motor manipulative skills. 2.1 Students will identify principles of practice and conditioning that enhances performance. 3.1 Students will identify opportunities in the school and community for regular participation in physical activity. 3.2 Students will participate daily in some form of health-enhancing physical activity. 3.3 Students will investigate personal interests and capabilities in regard to one's exercise behavior. 4.1 Students will participate in moderate to vigorous activity in a variety of settings. 4.2 Students will begin to develop a strategy for the improvement of selected fitness components. 5.1 Students will apply rules, etiquette and procedures, which exhibit good sportsmanship. 5.2 Students will participate in establishing rules, procedures and etiquette that are safe and effective for specific</p>	<p>-Repetition max testing on select movement</p> <p>What will I do to improve my weaknesses and maintain my strength?</p> <p>Students will demonstrate proper weight lifting technique</p>	<p>Pinterest Web searches P90X PLT4M-website and app that is a comprehensive program for fitness and athlete training</p>	<p>body? 1 Corinthians 6:19-20 Romans 12:1 Luke 12:22 Genesis 1:27 Colossians 3:5 1 Peter 3:4 Philippians 4:6-7 Colossians 3:17 Ephesians 5:29 James 5:14 Matthew 6:13 Psalm 34:17-20 1 John 1:9</p> <p>Colossians 3:23- "Whatever you do, work at it with all your heart, as working for the Lord, not for human masters"</p> <p>1 Corinthians 9:24-27 These passages show Paul's knowledge and awareness of the games in Corinth. He uses these to teach two main values that relate to our spiritual walk with Jesus: 1. Commitment and discipline 2. Concentration,</p>
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	<p>responsible personal and social behavior in physical activity settings. (Behavioral Skills) Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and social interaction. (Intrinsic Value)</p>	<p>activity situations. 5.4 Students will utilize time effectively to complete assigned tasks. 5.5 Students will demonstrate personal responsibility by accepting consequences of personal behavior. 6.1 Students will recognize physical activity as a positive opportunity for social and group interaction and communication. 6.2 Students will enjoy participation in physical activities.</p>			<p>targeted effort (self-control)</p>

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