



Course Title: Personal Fitness

Content Area: Health and Physical Education

Grade Level: 10-12

Scope and Sequence

Grade Level: 10-12			Content Area: Physical Education			
Unit or Topic	Standards	Length of Time	Key Content	Assessment Tools	Scaffolding Strategies (Interventions, Special Education)	Resources & Materials
Proper Warmup	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-Dynamic Warmup	-Teacher Led Workout -Observation Of correct movements	Students are allowed to modify movements.	All content is teacher created. Materials are posted in Blackboard. IPAD Seconds Pro App
HIIT High Intensity Interval Training	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-Introduction to High Intensity Interval Training -Sequence of Workouts -Workout of the Day (WOD) -Cardio -Full Body -Upper Body -Lower Body -Core	-Teacher Led Workout -Observation Of correct movements	Students are allowed to rest and drink water if needed.	All content is teacher created. Materials are posted in Blackboard. IPAD Seconds Pro App
Basic Use of Barbells and Core Lifts for Strength Training	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-Introduce Barbells -Bench Press -Squat -Dead Lift -Hang Clean	-Posted Workouts Reps and Sets 3x3 5x5 5x4x3x2x1 Max Out	Students are tested for max of specific weights of Core Lifts	All content is teacher created. Materials are posted in Blackboard.



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Yoga	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	Introduce Three Types of Breathing -Fog the Glass -Smell the Flowers Blow Out the Candles -Darth Vader Breathing Yoga Flows -Standing Poses -Ground Poses -Combo of Standing and Ground Poses	-Teacher Led Workout -Observation Of correct movements	Students are allowed to rest and drink water if needed.	All content is teacher created. Materials are posted in Blackboard.
Introduction to CrossFit Concepts	Health, Safety and Physical Education 10.3 10.4 10.5	Through the Entire Course of Study	-CrossFit A Strength and Conditioning workout that is made up of functional movement performed at a high intensity- CrossFit Workouts	-Teacher Led Workout -Observation Of correct movements	Students are allowed to rest and drink water if needed.	IPAD Seconds Pro App Boxes Med Balls Jump Ropes Rowing Machine Treadmills Weights