The Physical Education Courses of Fitness for Life 1 and 2 are designed to help students learn around two themes of study: **Fitness Development and Active Living** and **Sport Education and Experiences**. These two themes will be integrated throughout the semester and will work in tandem to help students learn to move for sport, enjoyment, and to develop a healthy active lifestyle through physical fitness.

### Fitness for Life I

**Theme 1: Fitness Development & Active Living** (12 weeks integrated, 6 week focus)

1.1 I can assess my level of fitness. (Std. 4A)
1.2 I can track my active lifestyle. (Std. 3A, 3B, 6B)
1.3 I can participate in a variety of health-enhancing physical activities that fit my lifestyle goals. (Std. 3A, 3B, 4A, 6B)
1.4 I can apply basic training principles to enhance personal fitness. (Std. 4A, 4B)
1.5 I can support others in achieving improved fitness levels. (Std. 5B, 6B)
1.6 I can identify lifetime activities that enhance various components of fitness. (Std. 5A, 6B)
1.7 I can identify reasons I value physical activity. (Std. 4A, 4C, 6A)
1.8 I can demonstrate the knowledge necessary to participate in a variety of lifetime activities. (Std. 2A, 4B, 6B)

**Theme 2: Sport Education and Experiences** (10 weeks)

2.1 I can apply movement skills necessary to participate in a variety of team sports. (Std. 1 A, 1B, 1C, 3A)
2.2 I can assess my own movement skills and make appropriate changes. (Std. 2A)
2.3 I can demonstrate respect for the physical abilities and performance achievements of self and others. (Std. 5A, 5D)
2.4 I can implement strategies for competitive and non-competitive games. (Std. 2B)
2.5 I can apply rules, procedures, and etiquette to ensure safety and fair play in a physical activity setting. (Std. 2B, 5C, 5D, 5E)
2.6 I can contribute to the success of teammates. (Std. 5B)

**Links to Team Sports Units:**
- Basketball
- Floor Hockey
- Football
- Soccer
- Volleyball
- Racket Sports
- Base Games
- Team Building
- Strategic Games
- Team Handball
- Lacrosse

### Fitness for Life II

**Theme 1: Fitness Development & Active Living** (12 weeks integrated, 6 week focus)

1.9 I can analyze fitness data to set personal fitness goals. (Std. 4A)
1.10 I can implement a self-created fitness plan. (Std. 3A, 3B, 6B)
1.11 I can apply advanced training principles to enhance personal fitness. (Std. 4A, 4B, 4D)
1.12 I can choose, design, and participate in regular, health-enhancing fitness activities based on my goals for an active lifestyle. (Std. 3A, 3B, 4A, 4B, 4C)
1.13 I can analyze the impact of fitness on my life including academics, physical, social, and emotional health. (Std. 4C)
1.14 I can demonstrate appropriate technique, effort, and consistency in fitness enhancing movements and activities. (Std. 1A, 1B, 1C, 1D, 2A, 3A, 4B)
1.15 I can make a positive impact on the health and fitness of others. (Std. 5B)
1.16 I can apply knowledge necessary to participate in a variety of lifetime activities. (Std. 2A, 4B, 6B)

**Theme 2: Sport Education and Experiences** (10 weeks)

2.7 I can demonstrate elements of advanced movement skills within a team sport. (Std. 1A, 1B, 1C, 3A)
2.8 I can assess skill development in others and provide feedback. (Std. 2A)
2.9 I can regulate rules, procedures and etiquette to ensure safety and fair play in a physical activity setting for all. (Std. 2B, 5C, 5D, 5E)
2.10 I can formulate, communicate, and perform strategies for competitive and non-competitive games. (Std. 2B)
2.11 I can practice inclusion of people with diverse backgrounds and abilities. (Std. 5A, 5D)
2.12 I can create opportunities for my teammates to be successful. (Std. 5B, 5D)

**Links: Fitness Development Unit**

Fitness Concepts FFL 1

Fitness Concepts FFL 2

Strength Training Agenda

Cross Training Agenda

**Cross Training Agenda**

### Other Resources:
- Physical Education Resources
- iPad App Recommendations
- Focused Instruction Course Design
- Supporting Learning Targets Framework