

**Southington Public Schools****Curriculum Map****Subject:** Physical Education**Grades:** 7

<b>UNIT TITLE</b>	<b>Fitness Training</b>
<b>CONTENT</b>	<ul style="list-style-type: none"><li>Physical fitness activities related to the Connecticut Physical Fitness Assessment (CPFA)</li></ul>
<b>STATE STANDARDS</b>	<ul style="list-style-type: none"><li>Understand and apply basic principles of training to improve physical fitness.</li><li>Develop personal goals and strategies for the improvement of selected fitness components necessary for a healthy lifestyle.</li></ul>
<b>ASSESSMENT</b>	<p><b><u>PERFORMANCE TASK</u></b></p> <p>“You are the fitness instructor at a new health club. The club offers specially designed exercise programs for new members. A customer walks in who has never worked out before and asks for your help. Design a short workout program for this person which includes these health-related fitness components:</p> <ol style="list-style-type: none"><li>1. Cardio respiratory fitness</li><li>2. Muscular strength and endurance</li><li>3. Flexibility</li></ol> <p>Explain briefly why you think your plan is good for this person, and be prepared to demonstrate any exercises you chose.</p> <p><b><u>OTHER EVIDENCE</u></b></p> <ul style="list-style-type: none"><li>Teacher observation</li><li>Peer assessment</li><li>Self-assessment</li></ul>
<b>SKILLS</b>	<p><i>Students will be able to...</i></p> <ul style="list-style-type: none"><li>Use proper pacing when walking/running.</li><li>Execute a proper pushup.</li><li>Execute a proper curl-up.</li><li>Use proper stretching form.</li></ul>