Instructional Unit Title: Fitness

Colorado's District Sample Curriculum Project

The teacher may introduce a cardiovascular game (e.g. Cardio tag game) so students can begin to make connections between cardio exercise and heart health risks.

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The teacher may introduce the F.I.T.T. Principle (Frequency, Intensity, Time, Type) so students can begin to understand each component as it relates to personal fitness.

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The teacher may develop a pacer course (refer to teacher resource) so students can understand how pacing strategies (e.g. speed, breath control, exertion) correlate with cardiovascular performance.

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The teacher may introduce a sample workout that incorporates three main components (warm-up, cardiovascular focus, and cool-down) so students can analyze the qualities of an effective workout.

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The teacher may provide an example of an anaerobic activity and an aerobic activity so students can determine the effects different exercises have on elevating the heart rate.

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The teacher may introduce fitness activities that incorporate the heart, lungs and muscles so students can begin to differentiate between cardiovascular vs. muscular activities.

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PERFORMANCE ASSESSMENT: As a student fitness coach, you will lead your group (3-5 peers) through a sample fitness workout (e.g. a 30 second warm-up, a 2 minute main cardiovascular activity, and a 30 second cool-down). The workout should include a warm-up, cardiovascular component, and cool-down; and it should demonstrate a variety of exercises that fit within each component of the workout. Once a workout is complete, the peers involved in the workout will fill out the Peer Workout Assessment Sheet for their individual fitness coach.

Colorado Teacher-Authored Instructional Unit Sample Storyboard