Instructional Unit Title: Personal Fitness Planning

The teacher may pose an essential question (e.g. "How does physical fitness enhance your ability to have a successful life?") so students can begin to construct and utilize inquiries to help uncover individual wellness indicators.

The teacher may review the five components of fitness so students can make connections between specific exercises and the components of health related fitness (e.g. muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition).



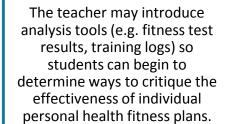
The teacher may provide various exercises so students can determine ways to use the exercises (e.g. sit & reach, sit ups, pacer test etc.) to evaluate baseline fitness levels.



The teacher may review their own individual baseline fitness data so students can begin to make connections between data and the development of personal goals for health and physical fitness.

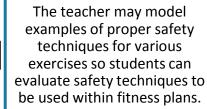


The teacher may review the FITT principle (i.e. Frequency, Intensity, Time, Type). So students can connect the importance of health related fitness goals to personalized fitness plans.





The teacher may pose an essential question ("Why is responsibility and integrity important for developing a personal fitness plan?") so students can analyze elements of fitness plans that may pose the greatest barriers to the completion of fitness goals.





The teacher may provide examples of quality and credible resources for fitness equipment, products, and programs so students can begin to evaluate fitness elements that can aid the implementation of individualized fitness plans.



PERFORMANCE ASSESSMENT: As a physically fit expert, you will work with fellow experts to collectively design individualized fitness plans with the goal of analyzing your physical wellness at various phases in your lives. This will include the five components of health related fitness, which are, muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. You will present your plans at a gallery walk with a cohort of PE experts.

This unit was authored by a team of Colorado educators. The unit is intended to support teachers, schools, and districts as they make their own local decisions around the best instructional plans and practices for all students. To see the entire instructional unit sample with possible learning experiences, resources, differentiation, and assessments visit http://www.cde.state.co.us/standardsandinstruction/instructionalunitsamples.