

**Washington State Learning Standards
Alignment for Health & Fitness
Carone Fitness Course: Fitness Fundamentals
1**

Number	High School Year 1	Fitness Fundamentals 1
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Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.
LIFE TIME ACTIVITIES

PE1.1.HS1	Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target).	Fitness Logs through out course
PE1.2.HS1	Demonstrate competency in activity-specific movement skills in two or more individual-performance activities.	Section 2.3 - Lesson: Posture and Technique, Section 2.3 - Assignment: Demonstrate Posture
PE1.3.HS1	Demonstrate competency in activity-specific movement skills in two or more outdoor pursuits.	Fitness Logs through out course

Standard 2: Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.
MOVEMENT AND CONCEPT STRATEGIES

PE2.1.HS1

Develop an offensive and a defensive strategy for the purpose of game play.

PE2.2.HS1

Use movement concepts (force, motion, rotation) to analyze and improve performance of self or others in a selected skill.

PE2.3.HS1

Assess critical elements and stages of learning a self-selected motor skill.

PE2.4.HS1

Apply training principles and knowledge (progression, specificity, overload, reversibility, diminishing return) to a self-selected activity.

Section 2.2 - Lessons: Movement and Motion

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Section 4.2 - Lesson FITT Principles, Applied in Weekly Fitness Logs

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

PHYSICAL ACTIVITY

PE3.1.HS1

Investigate relationship between physical activity, nutrition, and body composition.

Section 5.1 - Lesson: Nutrition, Section 5.1 - Discussion: Emotional Eating, Section 5.2 - Lesson: Weight Management, Section 5.2 - Assignment: Caloric Needs

PE3.2.HS1	Investigate activities that can be pursued in the local environment.	Weekly Fitness Logs: encouraged to use community and home resources and are free/low cost.
PE3.3.HS1	Evaluate risks and safety factors that might affect physical preferences throughout the life span.	Section 3.2 - Lesson: Benefits of Fitness, Section 3.2 - Assignment: Benefits of Exercise
PE3.4.HS1	Participate regularly in physical activity outside of the school day.	Weekly Fitness Logs: Students find time outside the regular school day to meet fitness log requirements.
FITNESS		
PE3.5.HS1a	Adjust intensity to keep heart rate in the target zone, calculate recovery heart rate, and use technology to monitor cardiorespiratory endurance.	Section 4.3 - Lessons: Heart Rate and Measuring Intensity, Section 4.3 - Assignment: Heart Rate Experiment, Weekly Fitness Logs: Report Heart Rate with Cardio Activity
PE3.5.HS1b	Use types of muscular strength and muscular endurance exercises (isometric, concentric, eccentric).	Unit 4: Principles of Fitness, Exercise Library
PE3.5.HS1c	Use types of flexibility exercises (static, dynamic).	Section 2.2 - Lesson: Cool Down, Section 2.2 - Assignment: Magazine Article

PE3.6.HS1	Explain training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) and how they relate to fitness planning.	Section 4.2 - Lesson FITT Principles, Applied in Weekly Fitness Logs
PE3.7.HS1	Participate regularly in self-selected fitness activities outside of school.	Weekly Fitness Logs: Students find time outside the regular school day to meet fitness log requirements.
PE3.8.HS1	Design and implement a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement).	Fitness Plan - Weekly Fitness Logs: Students design, implement and report on a fitness plan that improves fitness throughout the course, Section 5.1 - Lesson: Nutrition, Section 5.1 - Assignment: Daily Food Plan and Diet Analysis
Standard 4: Students will exhibit responsible personal and social behavior that respects self and others.		
PE4.1.HS1	Demonstrate intrinsic motivation by selecting or planning opportunities to participate in physical activity inside and outside of school.	Weekly Fitness Logs: Students find enjoyable to them activities outside the regular school day to meet fitness log requirements, students are also encouraged to get family and friends involved in their fitness. Section 1.2: Starting an

		Exercise Program
PE4.2.HS1	Examine the importance of etiquette in athletics and elite sports.	Section 3.2 Lesson: Sportsmanship
PE4.3.HS1	Solve problems and think critically when working with others in physical activity, both as an individual and in groups.	Section 3.2 Lesson: Sportsmanship
PE4.4.HS1	Demonstrate best practices for participating safely in physical activity and exercise.	Section 3.3: Safety & Injury Prevention

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

PE5.1.HS1

Choose an appropriate level of challenge to experience success in a physical activity.

Weekly Fitness Logs:
Students design, implement and report on a fitness plan that improves fitness throughout the course

PE5.2.HS1

Participate in a self-selected physical activity for self-expression and enjoyment.

Weekly Fitness Logs:
Students find enjoyable to them activities outside the regular school day to meet fitness log requirements.

PE5.3.HS1

Identify opportunities for social interaction in a self-selected physical activity.

Weekly Fitness Logs:
Students find enjoyable to them activities outside the regular school day to meet fitness log requirements, students are also encouraged to get family and friends involved in their fitness.