



Intro to Individual Sports Semester 2

This course provides students with an overview of individual sports. Students learn about a variety of sports, yet do an in-depth study of running, walking & hiking, yoga, dance, biking, strength training, water sports, and cross-training. Students learn not only the history, rules, and guidelines of each sport, but practice specific skills related to each sport. Students also learn about the components of fitness, FITT principles, benefits of fitness, safety and technique, and good nutrition. Students conduct a pre-and post-fitness assessment, as well as participate in weekly physical activity.

This course is recommended for grades 6-8.

UNIT 1: GETTING STARTED (Time Estimate for Content Study 11 hours)

- **Section 1.1: Fitness Assessment & Analysis**
- **Section 1.2: Getting Started**
- **Section 1.3: Exercising Outdoors**

Learning Objectives:

- Explain which component of fitness each test assesses
- Successfully complete a personal self-assessment
- Analyze your assessment according to national standards
- Identify areas for improvement
- Describe important tips for beginning an exercise program
- Explain the FITT principles
- Consider influencing components of a workout program, such as goals, interest, and schedule
- Design a personalized exercise program
- List tips for safe exercise in hot or cold conditions
- Identify proper clothing and equipment choices for exercising outside
- Explain the importance of staying hydrated



- Describe weather-related illness
- Analyze rules, game play, and safety guidelines of a group sport

UNIT 2: FITNESS & NUTRITION PRINCIPLES (Time Estimate for Content Study 11 hours)

- **Section 2.1: Components of Fitness**
- **Section 2.2: Principles of Fitness**
- **Section 2.3: Nutrition**

Learning Objectives:

- Identify and describe each of the components of fitness
- Explain the importance of each component of fitness
- Identify exercises for each component of fitness
- Analyze your strongest and weakest areas of fitness



- Explain the various principles of exercise
- Identify exercise principles that apply to various situations
- Analyze the difference between physical skills and physical health
- Explain how the principles of exercise can be used to improve one's fitness level
- Assess ways to include others in physical activity
- Identify the main food groups
- Explain how to follow a healthy diet
- Analyze personal eating habits
- Calculate and analyze your own body mass index

UNIT 3: CYCLING BASICS (Time Estimate for Content Study 11 hours)

- **Section 3.1: Cycling**
- **Section 3.2: Bike & Helmet Fit**

Learning Objectives:

- Describe types of bikes and biking
- Explain how to signal while riding a bike
- Practice safety rules while biking
- Discuss the importance of flexibility
- Analyze your current exercise program
- Explain how to correctly fit and wear a bike helmet
- Describe how to determine size of bike and appropriate fit
- Discuss factors that motivate you to exercise



UNIT 4: STRENGTH TRAINING (Time Estimate for Content Study 11 hours)

- **Section 4.1: Strength Training Principles**
- **Section 4.2: Strength Training Guidelines**

Learning Objectives:

- Explain the FITT principles of strength training
- Identify the benefits of strength training
- Evaluate your posture
- Discuss gender differences when strength training
- Apply proper strength training guidelines
- Identify the benefits of strength training
- Analyze the difference between agility and health
- Design and complete a strength training workout



UNIT 5: WATER SPORTS (Time Estimate for Content Study 11 hours)

- **Section 5.1: Water Safety**
- **Section 5.2: Swimming & Water Skills**

Learning Objectives:

- Describe water safety procedures
- Explain safety guidelines and rules for a variety of water sports
- Discuss your favorite water sports
- Identify community-based physical activities
- Identify various kicks used in treading water
- Explain skills to keep one safe in the water
- Practice treading water skills
- Discuss Olympic workouts

UNIT 6: CROSS-TRAINING & AGILITY (Time Estimate for Content Study 11 hours)

- **Section 6.1: Cross-Training**
- **Section 6.2: Drills & Plyometrics**

Learning Objectives:

- Explain the importance of cross-training
- Identify and perform a variety of cross-training activities
- Perform a jump rope workout using a variety of exercises
- Create your own jump rope exercise
- Define agility and plyometrics
- Identify a variety of cross-training drills
- Perform a variety of speed, agility, and plyometric cross-training activities
- Discuss exercise motivation and inspiration



UNIT 7: POST ASSESSMENT (Time Estimate for Content Study 9 hours)

• Section 7.1: Post Assessment

Learning Objectives:

- Conduct and analyze a personal fitness post assessment
- Compare pre- and post-assessment scores
- Analyze which areas of fitness continue to need improvement
- Identify ways in which a regular fitness routine has improved your lifestyle
- List tips for staying active