Content Area: Physical Education
Grade: 9- Diploma
Unit: Individualized Fitness Plan
MLR Span: 9- Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance.

H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G3 Skill-Related Fitness Components
G4 Skill Improvement
H1 Fitness Assessment
H2 Health-Related Fitness Plan
H3 Fitness Activity
H4 Physical Activity Benefits
I1 Cooperative Skills
I2 Responsible Behavior
I3 Safety Rules and Rules of Play
<table>
<thead>
<tr>
<th>Performance Descriptor(s)</th>
<th>MSAD #54 Objectives</th>
<th>Instructional Resources/Activities/Assessments</th>
</tr>
</thead>
<tbody>
<tr>
<td>G3 Skill-Related Fitness Components</td>
<td>Students explain the relationship of skill-related fitness components to <em>specialized movement skills</em>.</td>
<td>Lesson 1</td>
</tr>
<tr>
<td>G4 Skill Improvement</td>
<td>Students design appropriate practice sessions, utilizing <em>fundamental movement skills</em> to improve performance.</td>
<td>Lesson 2</td>
</tr>
<tr>
<td>H1 Fitness Assessment</td>
<td>Students participate in a <em>health-related fitness assessment</em> to establish personal fitness goals and reassess their fitness over time.</td>
<td>Lesson 3</td>
</tr>
<tr>
<td>H2 Health-Related Fitness Plan</td>
<td>Students design and critique a personal fitness plan, from established goals, that applies the five <em>health-related fitness components</em> and the <em>principles of training</em> (specificity, overload, and progression).</td>
<td></td>
</tr>
<tr>
<td>H3 Fitness Activity</td>
<td>Students select and participate in physical activities that address their personal fitness plans and apply the five <em>health-related fitness components</em></td>
<td></td>
</tr>
<tr>
<td>H4 Physical Activity Benefits</td>
<td>Students explain the interrelationship of physiological responses and physical,</td>
<td></td>
</tr>
</tbody>
</table>
mental/intellectual, emotional, and social benefits related to regular participation in physical activity.

I1 Cooperative Skills

Students demonstrate collaborative skills while participating in physical activities.

a. Accept constructive feedback.

b. Include peers respectfully in activities.

c. Include peers respectfully in activities.

I2 Responsible Behavior

Students demonstrate responsible and ethical personal behavior while participating in physical activities.

I3 Safety Rules and Rules of Play

Students predict how etiquette/rules improve games/activities.

a. Explain how etiquette/rules contribute to productive participation.

b. Predict how modifications to the environment can impact safety during games/physical activities.