



RADNOR TOWNSHIP SCHOOL DISTRICT
Course Overview



Course Name: Physical Fitness
Course # 0635

General Information

Credits: 1.0
Weighted: Unweighted
Prerequisite: 10th grade phys-ed

Length: Full Year
Format: Meets on Cycle days
Grade: 11th & 12th

Course Description

The Physical Fitness course is designed to teach students the 5 components of fitness. They include: Cardiovascular strength and endurance, body composition, flexibility, muscular strength and endurance. A large portion of the class is dedicated to muscular strength and muscular endurance. The class meets 4 times a week and is a 1 credit course. Students will lift weights 3 days per week and participate in a cardiovascular activity once a week.

Enduring Understandings and Essential Questions

Enduring Understandings:

Rules are designed to keep us safe.
All decisions have consequences.

- Fit people engage in physical activity on a regular basis.
- Fitness is a process not a product.
- Behaving well is as important as playing well.

Essential Questions

- What can I do to be physically active and why is it important?
- How can I use my time more effectively and efficiently?
- Why is it important to be physically fit and how can I stay fit?
- How do I interact with others during physical activity?
- How will physical activity help me now and in the future?
- How do I prevent self injury?

Common Assessments:**PEAKS****Physical Education Rubric**

		4	3	2	1	0
P	Preparation	Fully Dressed On Time (Gym uniform and sneakers)	Fully Dressed Late	Athletic Clothing On Time	Street Clothes and Sneakers	No Sneakers No Uniform
E	Effort	Exemplary Consistently challenges self in an appropriate and safe manner.	Strong Frequently seeks to challenge self in an appropriate and safe manner..	Inconsistent Sometimes seeks to challenge self in an appropriate and safe manner.	Weak Lacks Motivation Does little or nothing	Unacceptable Does not participate
A	Attitude	Always respectful of the rights, property, and opinions of others	Usually respectful of the rights, property, and opinions of others.	Sometimes respectful of the rights, property, and opinions of others.	Seldom respectful of the rights, property, and opinions of others.	Shows disrespect for the rights, property or opinion of others.
K	Knowledge	Always demonstrates appropriate application of skills	Consistently demonstrates appropriate application of skills	Sometimes demonstrates appropriate application of skills	Seldom demonstrates appropriate application of skills	Rarely demonstrate appropriate application of skills
S	Skills	Always demonstrates correct mechanics of skills	Consistently demonstrates correct mechanics of skills	Sometimes demonstrates correct mechanics of skills	Seldom demonstrates correct mechanics of skills	Does not demonstrate correct mechanics of skills

Major Units of Study:

Nutrition
 Safety Techniques
 Weight training
 Circuit training
 Injury prevention & rehabilitation

Materials & Texts

ASSORTED SPORTING EQUIPMENT
 MARINE CORPS FITNESS CHALLENGE
 VARIOUS WORK-OUT SCHEDULES

Summer Assignment

N/A