

## Grades 11 and 12 Physical Education



Students in grades 11 and 12 are preparing for the transition to adulthood. Students must develop lifelong habits of activity that insure daily moderate and vigorous exercise. Based upon this philosophy, the only required unit at grades 11 and 12 is an extensive fitness unit where students examine their own health-related fitness. They develop and implement a personal fitness plan. Health-related fitness incorporates the areas of cardiovascular fitness, flexibility, muscular strength, muscular endurance, nutrition, and other health related topics. Students elect their other activity units based upon their individual needs and interests that will enable them to have enjoy lifelong wellness.

### Fitness

**Am I fit and healthy? How do I stay fit and healthy? How do I improve my fitness and health?**

- Participates in the CT Physical Fitness Assessment and relates their performance to personal fitness.
- Sets a SMART fitness goal based upon their performance on the CT Physical Fitness
  - **S**trategic and specific
  - **M**easurable
  - **A**ttainable
  - **R**esults-oriented
  - **T**ime-bound
- Uses the SMART goal to develop a plan to improve fitness using machines/equipment in fitness center
- Uses the SMART goal to develop a plan to improve fitness using activities outside of school, as well as during physical education class
- Incorporates flexibility into the physical fitness plan, demonstrating different styles of flexibility exercises
- Utilizes specificity in the personal fitness plan
- Uses knowledge of how body used proteins, carbohydrates, and fats to help control weight
- Demonstrates proper, safe use of fitness machines
- Utilizes the F.I.T.T. concept in training
- Uses heart rate monitors as tool to assess cardiovascular fitness levels and intensity of exercise
- Explains how muscle enhancers are used

- Discusses the negatives of abusing drugs.

### **Activity Electives**

#### **What activities can I participate in the help me to live a healthy and balanced life?**

We intend that students will have sufficient skills to enjoy participation in many activities and select a few they would want to pursue in adulthood. In keeping with this goal, the electives offered in grades 11 and 12 may include:

- Yoga
- Archery
- Badminton
- Fencing
- Golf
- Pickleball
- Non-specific sport invasion games
- Self-defense
- Strength/weight training
- Tennis
- Volleyball