

SUBJECT	Adventure/Outdoor Challenge	Aerobics	Foundations of Personal Fitness	Individual Sports	Team Sports
Ideas students are learning	Students will understand that cooperation and fairness are integral to games, sport, play, and personal integrity.	Students will learn a variety of aerobic activities for lifetime fitness.	Students will learn how to assess their own fitness & how to improve & maintain their fitness level goals.	Students will learn that there are a variety of individual life-time sports; fair play and the impact on health will be emphasized.	Students will learn a variety of team sports with an emphasis on the importance of teamwork and fair play.
Skills	Developing an understanding of fitness principles, a learning community that includes trust, survival skills/first aid.	Learning how to assess their heart rates while learning "step aerobics" and the beginning of "power walking".	Learning how to use Heart Rate Monitors, do appropriate warm-up & cool-down activities, and stretching.	Working on their personal fitness assessment as well as learning badminton & weight training.	Working on their personal fitness assessment as well as learning flag football & volleyball.
Work and assignments to look for			Students may be asked to keep a record of their nutrition intake.		
Questions Parents Can Ask	Ask your child if she or he enjoyed working as a team to solve challenges.	Ask your child if this type of activity is something they might do after high school.	Ask you student if they are happy with the results of their fitness testing scores.	Ask your child if badminton or weight training is something they might do once they get out of school.	Ask your student if he or she feels that they will play flag football anytime after he or she graduates.
Special Notes	All students are expected to dress appropriately for PE classes. Each school will have information on this.	All students are expected to dress appropriately for PE classes. Each school will have information on this.	All students are expected to dress appropriately for PE classes. Each school will have information on this.	Units may vary due to space and equipment availability.	Units may vary due to space and equipment availability.