



Reavis High School

Curriculum Snapshot/Cover Page for Fitness



Unit 1: Presidential Fitness Unit

13
Days

The unit prepares students for presidential testing which consists of sit-ups, shuttle run, sit & reach, pull ups, and mile run. This unit provides students feedback on their current fitness levels; comparing their abilities to the national and presidential guidelines.



Unit 2: Outdoor Fitness

14
Days

Students are to perform the dynamic stretching routine throughout the semester. Proper stretching helps prevent injury and to prepare the body for activity. During this unit (which will predominately be outdoors), the student's goal will be to improve knowledge of cardiovascular fitness and training & then apply them during class activity. These activities will include different stations, circuit, and cardiovascular activities, which will help to set a baseline for goals and fitness assessment. Assessments include calorie count as well as duration of heart rate in the desired zone. The students will also be assessed on a daily basis using the polar heart rate monitors which students will have access to their individual results via the internet.



Unit 3: Continued Outdoor Fitness

13
Days

This unit will be a continuation of our Outdoor Fitness Unit. We will focus on similiar activities, including stadium stairs, trail runs, and distance activities. The unit will also introduce physical assessments and measurements, vocabulary, and terminology, all while improving student fitness throughout the course of the semester. Students will be able to view, analyze and evaluate their own physical activity online using polargofit.com



Unit 4: Indoor Fitness - Fitness Center

15
Days

During this unit, students are introduced to the rules and regulations regarding student safety in the Fitness Center. Students are also taught how to properly maintain and clean the Fitness Center, its machines, and all other equipment. Students will also learn the proper etiquette when using the fitness center and its equipment. However, the main focus of this unit is to teach proper safety, form, and proper usage of both cardiovascular and weight machines.



Unit 5: Indoor Fitness - Fitness Center

15
Days

This will be a continuation of our Indoor Fitness unit. Students will be learning about different muscle groups, terminology, repetitions & sets, strength training, endurance and toning, and other fitness concepts. Assessments include calorie count as well as duration of heart rate in the desired zone. Students will have access to their individual fitness results via the internet. The students will also be assessed on a daily basis using the polar heart rate monitors. Students will be able to view, analyze and evaluate their own physical activity online using polargofit.com.



Unit 6: Fitness throughout the Lifespan

15
Days

During our final unit we will introduce the students to the basics of swimming and pool fitness. We will instruct the students on personal water safety, survival skills, strokes, and aquatic terminology. The students will also learn the physical laws of the human body in water. We will discuss the impact and importance of cardiovascular and muscular endurance systems as they pertain to the pool and aquatic fitness. The benefits of swimming will be discussed and reinforced throughout the unit with the emphasis of lifelong health.