



Unit 1: Presidential Fitness Testing

12
Days

Introduce dynamic stretching and proper technique. The President's Challenge, is a five-item test (mile, shuttle run, sit-ups, pull-ups, sit and reach) designated to measure each students overall fitness level. The Presidential Fitness Award recognizes youth who score at or above the 85th percentile on all five activities. The National Fitness Award recognizes youth who score at or above the 50th percentile on all five activities, but fall below the 85th percentile in one or more events.



Unit 2: Power Walking/Outdoor Activities

14
Days

Students will be assessed using Polar heart rate monitors. Assesments will included calorie count, duration in target heart rate zone, average target heart rate and maximum target heart rate. Students will also review proper technique in dynamic stretching. Throughout the power walking unit, students will are assessed on the 100 meter, 400 meter, 1/2 mile, 3/4 mile and 1 mile using a rubric based on timed laps around the track. The unit goal is to power walk 1 mile in under 16:00 minutes.



Unit 3: Water Aerobics

12
Days

Review all five strokes and basic water safety skills. Students are assessed daily by participating in water aerobic routines using hand weights, kick boards and noodles. Students will learn circuit, strength, interval, and deep water activities in the aquatic environment. Aquatic excersie targets all components of fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. All religious and medical students unit participation will be based off dressing and completing an alternative power point assignment.



Unit 4: Dance/Zumba

13
Days

Students are taught various dance styles including line dances, salsa, tango, hip hop, fox trot, Rumba and zumba. A rubric is used to assess individual, partner, and group performances. Students are also taught to learn and exhibit proper dance etiquette, the sequence and timing of steps and musicality.



Unit 5: Yoga/Pilates

12
Days

Students will be challenged physically and creatively to inspire character growth. Students will learn to engage their mind, body and spirit throughout their yoga practice. Students are taught the meaning of the words Hatha Yoga, Namaste, Vinyasa flow and Pranayama breathing. Students are assessed on performing sun salutation and how well they execute each physical pose/asanas.



Unit 6: Self Defense/Kickboxing

16
Days

Students are taught the 6 high awareness areas and assessed on basic self defense wrist attacks, frontal attacks, rear attacks, choke holds and ground attacks. Guest speaker are brought in from the Burbank Police Department and Inner Strength Solutions to teach female students a comprehensive education in personal safety and self-protection which raises awareness of potential assault and develops an understanding of essential life-saving skills and violence prevention.



Unit 7: Hi/Low Impact/Step Aerobics

13
Days

Students are taught different high/low dance, step aerobic, and core strength workouts. Students will learn the importance of cardiorespiratory endurance and the ability to perform repetitive, moderate to high intensity movement for a prolonged period of time.



Unit 8: CPR & First Aid

15
Days

Students are taught the Good Samaritan Law and assessed on the five skills of CPR: Checking an unconscious victim, CPR, AED, conscious choking victim, and unconscious victim. Students will learn how to respond to cardiac and breathing emergencies, including the use of automated external defibrillators (AED), and learn how to respond to common first aid emergencies.



Unit 9: Weights/Balance Ball Workouts

13
Days

Students are lead through a serious of weight workouts using hand weights and balance balls that target the upper body, lower body, and core. Students will learn the importance of strength training and how it leads to an increase in lean body mass and an improvement in body composition.