

High School Physical Education Wellness Walking

This course is designed to offer students an opportunity to apply fitness concepts to improve their fitness level through a low impact aerobic workout. Pacing, mileage, walking techniques and MVPA (Moderate to Vigorous Physical Activity) time will be stressed daily. Safety information, nutrition, hot/cold weather exercise, as well as health-related issues will be discussed in class. Foundations of Fitness and Physical Activity course must be completed successfully as a pre-requisite. Successful completion of this course earns one-half required PE credit.

Enduring Understanding and SHAPE Standards: Safety and Injury Prevention

- Apply concepts in the Full Value Contract to improve success in individual, partner, and group activities. (S4.L2.2, S4.L2.3b)
- Utilize safe mechanics and practices to prevent injuries. (S4.L2.4)
- Compare environmental effects and how they impact the intensity of the workout. (S5.L2.3, S5.L2.4)

Enduring Understanding and SHAPE Standards: Personal Fitness Plan

- Develop health enhancing behaviors and activities for a healthy lifestyle. (S3.L2.1e)
- Understand the correlation of pacing and target heart rate. (S3.L2.2a, S4, L2.4)
- Understand the correlation of a cool down and stress management. (S3.L2.2c, S4.L2.4)
- Re-evaluate current fitness scores as they relate to SMART goals. (S3.L1.3b, S3.L2.3a)
- Create a workout program that can be sustained throughout a lifetime. (S3.L2.2a)
- Apply appropriate level of challenge when selecting physical activities. (S5.L2.2)

Enduring Understanding and SHAPE Standards: Principles of Exercise

- Apply the principles of exercise to workouts to make continued improvements. (S3.L2.2a)
- Acquire a variety of training methods to improve fitness levels. (S5.L2.1, S5.L2.3)

Enduring Understanding and SHAPE Standards: Workout Variations

- Compare types of workouts, terrain, levels, resistance, etc. to identify the impact on workouts. (S3.L2.1c, S3.L2.1d) (S3.L2.1d, S3.L2.2d)
- Create a workout for classmates to improve fitness and engagement. (S4.L2.3a, S4.L2.3b)

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Enduring Understanding and SHAPE Standards: Muscle Basics

- Understand the functions of major muscle groups and movement concepts. (S3.L2.2a)
- Evaluates differences between idealistic and realistic body images and fitness expectations as portrayed in social media. (S4.L2.1)
- Understands the different energy systems used during exercise. (S3.L2.2b)

Enduring Understanding and SHAPE Standards: Nutrition

- Analyze food intake to create a well-balanced diet. (S3.L1.4)
- Correlate calorie intake with calorie expenditure to maintain body weight. (S3.L1.4), (S3.L2.4)
- Understand the relationship of activity, nutrition, and body composition. (S3.L2.2b)