



# HUDSONVILLE HIGH SCHOOL COURSE FRAMEWORK



**COURSE / SUBJECT**

**P.E. 1/Health Section A**

<b>KEY COURSE OBJECTIVES/ ENDURING UNDERSTANDINGS</b> (Important ideas and core processes)	<b>UNIT PACING</b> (names of units and approximate pacing)	<b>UNIT LEARNING TARGETS</b> (By the end of the unit, students will be able to. . .)	<b>STANDARD</b> (Which standards (i.e. common core, MMC, etc.) does this address?)
There are two main health objectives for the first section of P.E. 1. The first key objective for P.E. 1 section A is to build a base understanding of fitness related terms and concepts.	Unit 1 - Physical Fitness Terms and Concepts 2 weeks	Students will understand the key concepts of the 5 fitness components, the F.I.T.T. principles, stages of a workout and the 3 types of resistance training.	1.1, PE standards - Content Standard 2: L4, benchmark G Content Standard 4: L4, benchmarks A,B,F Content Standard 6: L4, benchmark A
	Unit 2 - Muscles and Bones 3 weeks	Students will be able to identify key muscles and bones. They will be able to define key terms and concepts related to the human anatomy.	1.9, 5.3, 1.14
<b>OVERARCHING/ESSENTIAL SKILLS OR QUESTIONS</b> (ideas/skills that transcend discipline-specific learning)	Unit 3 - Nutrition 5 weeks	Students will understand key concepts of how nutrition effects their body. They will be able to break down foods into the nutrient groups proteins, CHO's and Fats. They will understand the importance of key vitamins and minerals and how they effects the body. Students will also be able to design a healthy meal plan that fits the MyPlate program.	1.1, 1.2, 1.3, 1.4, 1.5,1.6, 1.7, 1.8, 1.9, 1.11

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The second objective for the section is to give students the knowledge they will need to make key nutrition choices to create healthy eating habits.	Unit 4 - Eating Disorders 2 weeks	Students will be able to identify and explain the 3 main eating disorders including anorexia, bulimia, and binge eating. Students will be able to identify and understand the risks and long term dangers of poor eating habits.	1.1, 1.5, 1.6, 1.7, 1.9, 1.11

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<p>There are two main objectives for the physical fitness portion of this class. The first objective is to teach students the fundamentals of selected team and individual sports. We will do this by teaching and demonstrating proper technique and through guided practice.</p> <p>The second objective of the fitness portion of P.E. 1 section A is to increase each students fitness level. Students will perform daily fitness routines designed to improve each of the five fitness components.</p>	Unit 1 - Running Unit 3 weeks	Students will follow a running unit for 3 weeks, part of which will be designed to follow a personal fitness level.	Content Standard 2: L4 benchmarks D,G Content Standard 4: L4 benchmarks C,D,F Content Standard 6: L4 benchmark A
	Unit 2 - Basketball 2 weeks	Students will practice skills, play organized games and learn the rules of basketball.	Content Standard 1: L4 benchmark A Content Standard 3: L4 benchmark B Content Standard 5: L5 benchmarks A,C,D,E
	Unit 3 - Weight Training 3 weeks	Students will learn and demonstrate proper wight lifting form on designated lifts. They will also design and follow a personal weight training program.	Content Standard 2: L4 benchmark D Content Standard 3: L4 benchmarks A,C,D,E,F,G Content Standard 4: L4 benchmarks A,C,E,F Content Standard 6: L6 benchmarks A,B

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	Unit 4 - Volleyball 2 weeks	Students will practice skills, play organized games and learn the rules of volleyball.	Content Standard 1: L4 benchmark A Content Standard 3: L4 benchmark B Content Standard 5: L4 benchmarks A,C,D,E
<b>OVERARCHING/ESSENTIAL SKILLS OR QUESTIONS</b>	Unit 5 - Circuit Training 2 weeks	Students will use the knowledge they have acquired through the different types of fitness workouts learned to complete a variety of fitness circuits.	Content Standard 2: L4 benchmarks A,C,E Content Standard 4: L4 benchmarks A,C,D
	Unit 6 - General Physical Fitness. Minimum of 15 minutes for each gym day.	Students will be challenged physically through various workouts designed to improve the five fitness components including body composition, flexibility, muscular strength, muscular endurance, cardiovascular endurance.	Content Standard 2: L4, benchmark D Content Standard 4: L4 benchmarks A,C,E Content Standard 5: L4 benchmarks A,C, E
	Unit 7 - Fitness testing Performed during the first, middle and end of each trimester.	Students will be tested in each fitness component. They will set goals and create a workout plan to achieve them.	Content Standard 2: L4, benchmark G Content Standard 4: L4, benchmarks A,B,F Content Standard 6: L4, benchmark A