STAFFORD COUNTY PUBLIC SCHOOLS

Curriculum Overview
Elective Physical Education/Personal Fitness

Course Description:
Instruction in Elective Physical Education/Personal Fitness is designed to develop the skills, knowledge and attitudes students need to design and implement a fitness program as it relates to personal well-being. Students will participate in weight training activities, have opportunities to refine their techniques and skills in a variety of activities, and participate in competitive and non-competitive activities.

Essential Skills/Processes: Students will--
- Know the benefits of a personal fitness program as it relates to personal wellness.
- Describe positive attitudes towards a fitness program.
- Identify and explain the purpose of a personal fitness program.
- Demonstrate and prepare a personal fitness program log.
- Analyze and demonstrate team building organization and activities.
- Define self-confidence.
- Develop team communication.
- Define risk taking.
- Understand group dynamics.
- Identify and demonstrate the proper stretching exercises that can be used to help reduce the change of injury and increase flexibility.
- Describe and demonstrate proper static stretches, and exercises.
- Demonstrate educational gymnastics exercises as they relate to personal wellness.
- Understand the importance of flexibility through one’s lifetime.
- Identify the benefits of lifetime sports as they relate to personal wellness.
- Describe positive attitudes toward lifetime sports.
- Know three reasons why lifetime sports are beneficial to one’s personal fitness.
- Identify and demonstrate four sports one can participate in throughout a lifetime.
- The student will understand the importance of aerobic activity to one’s personal fitness program.
- Define aerobic activity.
- Demonstrate how to obtain a target heart rate and training zone.
- Participate in aerobic activity.
- Describe the benefits of anaerobic exercises as it relates to personal fitness.
- Identify anaerobic exercise activities.
- Define periodization and how it applied to personal fitness development.
- Identify and define kinesiology and its importance to developing personal fitness program.
- Define and demonstrate plyometric exercises.
- Define and demonstrate free-weight training exercises.
- Describe the benefits of olympic-style weight lifting.
- Define the effects of anabolic steroids and supplements on the circulatory and nervous system.
- Describe the effects of anabolic steroids and supplements on behavior.
- Identify drugs that are banned in sports.
- Understand alternatives to drug use.

Essential Knowledge: Students will--
- Demonstrate competency in many movement forms and proficiency in a few movement forms.
- Apply movement concepts and principals to the learning and development of motor skills.
- Exhibit a physically active lifestyle.
- Achieve and maintain a health-enhancing level of physical fitness.
- Demonstrate understanding and respect for differences among people in physical activity settings.
- Understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

**Resources:**

Curriculum Connections:

- Stafford County Public Schools: [http://stafford.schoolfusion.us/](http://stafford.schoolfusion.us/)