

The Hinsdale School District believes that students can benefit from a healthy lifestyle that includes being physically active. The benefits of being physically active include:

1. Reduced risk of heart disease
2. Improved blood cholesterol levels
3. Prevention of high blood pressure
4. Boosted energy levels
5. Reduced stress and tension
6. Improved sleep patterns
7. Better self-image
8. Increased muscle strength
9. A way to share an activity with others
10. Establishment of healthy habits

Physical fitness is made up of five **health-related components** and six **skill related components**. The first help you stay healthy while the second help you perform in sports and activities.

#### **Components of health-related fitness:**

1. Cardiovascular endurance: ability to exercise your entire body for long periods of time. Requires a strong heart, healthy lungs and clear blood vessels to supply your body with oxygen.
2. Muscular endurance: ability to use your muscles many times without tiring.
3. Muscular strength: amount of force your muscles can produce.
4. Flexibility: ability to use your joints fully through a wide range of motion.
5. Body composition: relates to the relative amounts of muscle, fat, bone and other vital parts of the body.

#### **Components of skill related fitness:**

1. Agility: ability to change the position of your body quickly and to control your body's movements.
2. Balance: ability to keep an upright posture while standing or moving
3. Coordination: ability to use your senses together with your body parts or to use two or more body parts together.
4. Power: ability to use strength quickly.
5. Reaction time: the amount of time it takes you to move once you realize you need to act.
6. Speed: ability to perform a movement or cover a distance in a short period of time.

# Grade 9-12

<b>Curriculum Guideline # 1</b>	Engages in A Physically Active Lifestyle
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Students will understand the importance of daily physical activity that promotes a healthy lifestyle.	Understand the connection between physical activity and the five health related fitness components	Question and Answer period Discussion Diagrams to demonstrate connections Self and partner assessment
Students will participate in daily physical activities.	Students will participate in 60 minutes of moderate to vigorous physical activity daily.	Participation in physical education class Self-reflection
Students will set personal physical activity goals.	Students will demonstrate improvement over time by setting short and long term goals.	Self-assessment and reflection on personal progress

# Grade 9-12

<b>Curriculum Guideline # 2</b>	Achieves and maintains a health enhancing level of physical fitness
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Understand the importance of achieving and maintaining a health level of physical fitness	To describe the long term effects of physical activity on one’s own health To identify physical activities that will provide enjoyment and challenge	Discussion
Participate in moderate to vigorous activities	To increase from shorter to longer periods of activity To progress from moderate to vigorous activities	Personal charts
Understand the five health related components of physical fitness	To understand how the body works efficiently and effectively by engaging in physical fitness activities	Question and answer Word match
Participate in aerobic, anaerobic, flexibility, muscular strength and endurance activities. And understands how each of the five health related components relate to each other for total body fitness.	To monitor his/her own physical fitness levels and adjust activity or intensity accordingly	Discussion Teacher observation of performance Fitness Testing
Uses a beginning level of technology to record physical fitness activity.	To enhance understanding physical fitness growth	Student work
Develop a personal fitness plan according to their profile.	Participate in daily physical fitness activities that are personally rewarding	Reflective Journal

## Grade 9-12

<b>Curriculum Guideline # 3</b>	Demonstrates competency in motor skills and movement patterns, proficiency in a few, and applies these skills and patterns in a variety of physical activities.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Demonstrates competency in complex motor skills and applies these skills to a variety of activities	To perform a variety of physical activities and achieve a degree of success that makes the activity enjoyable	Skill Check Lists Quizzes, writing assignments Observation
Demonstrates and applies use of advanced strategies and tactics within a variety of physical activities	To be able to apply the strategies and tactics necessary for participation in an activity	Skill Check List Quizzes, writing assignments Observation

## Grade 9-12

<b>Curriculum Guideline # 4</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the development of motor skills and the learning and performance of physical activities.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Uses movement vocabulary to describe motor skill performance	To enhance movement performance	Vocabulary Check List Skill Work Sheet Peer review of terminology
Uses and understands differences in time, space, force, flow, and direction	To be able to apply the understanding of time, space, force, flow, and direction to an activity	Observation Peer Review Quizzes, written assessment
Uses feedback from teachers, peers, other sources and self-assessment to improve motor skill performance and cognitive understanding	To make changes in order to improve or correct motor skills	Observation Peer Review Quizzes, written assessment
Demonstrates the use of movement concepts, and appropriate strategies and tactics during motor skill performance	To know when, where, why and how to use strategies and tactics for any activity	Observation Question and Answer Check list
Transfers concepts learned in other skills and games for performance of new skills and games	To adapt acquired skills into new activities	Observation Writing Assignment(s)
Development of scientific based personal activity plan.	To independently utilize their personal knowledge of scientific principles to enhance physical activity/fitness	Log Book Review Personal Plan

# Grade 9-12

<b>Curriculum Guideline # 5</b>	Identifies that physical activity provides opportunities for health enhancement, enjoyment, challenge, self-expression and social interaction.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies the value of participation in physical activities	To understand the benefits of physical activity on personal health	Question and Answer Written Assignments Group Discussion
Describes the benefits and challenges of working in a group	To participate and enjoy activities by working cooperatively within a group	Observation Discussion Question and Answer Written Assignments
Articulates and reflects on the various roles and contributions of group members	To understand and communicate the individual roles within a group activity in order to achieve a desired goal	Question and Answer Written Assignments

# Grade 9-12

<b>Curriculum Guideline # 6</b>	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Describes and demonstrates responsible behavior by working cooperatively, and following safety rules for all activities	To understand how personal and social behaviors affect the successful outcome of the activity	Observation Question and Answer Written Assignments Individual and Group discussion
Identify and create safety rules that will be used during activities	To understand the value and importance of rules within games in order to develop critical thinking skills	Observation Modeling Question and Answer Written Assignments Individual and Group discussion
Recognizes and accepts the diversity of each individual within the physical activity setting	To understand the value of a diverse group participating within a physical activity	Observation Question and Answer Written Assignments Individual and Group discussion
Resolves conflict in socially acceptable ways	To develop strategies for resolving conflict	Observation Question and Answer Written Assignments Individual and Group discussion
Analyzes the difference between ethical and unethical behaviors.	To understand that an individual's choice has a positive or negative consequence	Written Assignments Individual and Group Discussion