

AREA Fitness / Cardiovascular

Grade	Skills	Knowledge	Physical Activity	Fitness	Responsible Behavior	Intrinsic Value
K	<ul style="list-style-type: none"> • Hop • Skip • Gallop • Jump • Hula hoop jumping • Start and stop safely • Jump rope on floor • Mat / step – step up 	<ul style="list-style-type: none"> • Know names of locomotor mats • Respond to slow v. fast-pace running 	<ul style="list-style-type: none"> • Tag games • Dance • Stations • Relays 	<ul style="list-style-type: none"> • Heart beats fast • Body Sweats • Breathing hard 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
1	<ul style="list-style-type: none"> • Hop • Skip • Gallop • Jump • Hula hoop jumping • Start and stop safely • Jump rope on floor • Mat / step – step up • Change direction safely 	<ul style="list-style-type: none"> • Know names of locomotor mats • Respond to slow v. fast-pace running 	<ul style="list-style-type: none"> • Tag games • Dance • Stations • Relays 	<ul style="list-style-type: none"> • Heart beats fast • Body Sweats • Breathing hard 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
2	<ul style="list-style-type: none"> • Long ropes 	<ul style="list-style-type: none"> • List activities that raise heart rate • How to take heart rate • Feedback, performance 	<ul style="list-style-type: none"> • Rope jump • 50 dash • Mile run • Tag games • Run laps • Interval runs 	<ul style="list-style-type: none"> • Taking wrist and carotid pulse 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
3	<ul style="list-style-type: none"> • Mat step to rhythm • Fitness runs 	<ul style="list-style-type: none"> • Use of pedometers for feedback 	<ul style="list-style-type: none"> • Rope jump • 50 dash • Mile run • Tag games • Run laps • Interval runs 		<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment

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4	<ul style="list-style-type: none"> • Skate in straight line • Skate for distance / time • Ski for time / distance 	<ul style="list-style-type: none"> • Understand and explain the benefits of cardio vascular fitness 	<ul style="list-style-type: none"> • Rollerblade • Cross country ski • Dance • Racing • Pacer run • Cube run 	<ul style="list-style-type: none"> • Teacher calculates heart rate – kids know on whiteboard what it is 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
5	<ul style="list-style-type: none"> • Skate in straight line • Skate for distance / time • Ski for time / distance 	<ul style="list-style-type: none"> • Understand and explain the benefits of cardio vascular fitness 	<ul style="list-style-type: none"> • Rollerblade • Cross country ski • Dance • Racing • Pacer run • Cube run 	<ul style="list-style-type: none"> • Teacher calculates heart rate – kids know on whiteboard what it is 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
6	<ul style="list-style-type: none"> • Skate in straight line • Skate for distance / time • Ski for time / distance 	<ul style="list-style-type: none"> • Understand and explain the benefits of cardio vascular fitness 	<ul style="list-style-type: none"> • Rollerblade • Cross country ski • Dance • Racing • Pacer run • Cube run 	<ul style="list-style-type: none"> • Teacher calculates heart rate – kids know on whiteboard what it is 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment

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7	<ul style="list-style-type: none"> • Use of fitness equipment (bikes, treadmill, stair, elliptical) • Swimming • Use of pedometers • Insta pulse • Circuit training • Tae Bo • Jump rope pyramid • Aerobics 	<ul style="list-style-type: none"> • Target heart rate • Identify various cardio workouts • Know how to monitor heart rate 	<ul style="list-style-type: none"> • Line cardio • Jump rope • Aerobic steps • Circuit training • Kick box • Tae Bo • Team games • Ice skating • Yoga • Pilates • Outdoor adventure • Elliptical • Treadmills • Steppers • Stationary bikes • Walk run/pacing 	<ul style="list-style-type: none"> • Fitness packet/testing • Corbin step test (target h.r.) 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules • Dress appropriately for class • Be on time • Make up missed work • Get to squads/lines 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment
8	<ul style="list-style-type: none"> • Use of fitness equipment (bikes, treadmill, stair, elliptical) • Swimming • Use of pedometers • Insta pulse • Circuit training • Tae Bo • Jump rope pyramid • Aerobics 	<ul style="list-style-type: none"> • Target heart rate • Identify various cardio workouts • Know how to monitor heart rate 	<ul style="list-style-type: none"> • Line cardio • Jump rope • Aerobic steps • Circuit training • Kick box • Tae Bo • Team games • Ice skating • Yoga • Pilates • Outdoor adventure • Elliptical • Treadmills • Steppers • Stationary bikes • Walk run/pacing 	<ul style="list-style-type: none"> • Fitness packet/testing 	<ul style="list-style-type: none"> • Move in own personal space • Respond to start and stop signals • “stop / look / listen” • Respect equipment, peers, self • Safety rules • Dress appropriately for class • Be on time • Make up missed work • Get to squads/lines 	<ul style="list-style-type: none"> • Smiles • Participates • Laughter • Lifetime enjoyment

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9	<ul style="list-style-type: none"> Swimming Circuit training 		<ul style="list-style-type: none"> Line cardio Jump rope Aerobic steps Circuit training Kick box Tae Bo Team games 	Fitness gram (pacer run)	<ul style="list-style-type: none"> Move in own personal space Respond to start and stop signals “stop / look / listen” Respect equipment, peers, self Safety rules Dress appropriately for class Be on time Make up missed work Get to squads/lines 	<ul style="list-style-type: none"> Smiles Participates Laughter Lifetime enjoyment
10	<ul style="list-style-type: none"> Elective choices 	<ul style="list-style-type: none"> Recognize activities of interest that they can use for life implement Personal fitness plan 	<ul style="list-style-type: none"> Ice skating Yoga Pilates Outdoor adventure Eliptical Treadmills Steppers Stationary bikes Walk run/pacing 	<ul style="list-style-type: none"> Calculate m. heart rate Calculate t. heart rate Design personal fitness plan Caloric needs Fitness profile 	<ul style="list-style-type: none"> Move in own personal space Respond to start and stop signals “stop / look / listen” Respect equipment, peers, self Safety rules Dress appropriately for class Be on time Make up missed work Get to squads/lines 	<ul style="list-style-type: none"> Smiles Participates Laughter Lifetime enjoyment