
Coal City Unit District #1
Fit For Life
Physical Education Curriculum

PE.FL:1 Student will design an individual health related fitness plan. (IL 20A, 20B, 20C)

- PE.FL:1-1 Apply frequency, intensity, time, and type formula to daily log.
- PE.FL:1-2 List the five (5) health related fitness components.
- PE.FL:1-3 Identify the major benefits of physical fitness.
- PE.FL:1-4 Recognize various muscle groups and corresponding strengthening and stretching exercises.

PE.FL:2 Student will apply the principles of efficient movement to evaluate personal performance. (IL 20A, 19C)

- PE.FL:2-1 Use correct walking techniques to show their understanding of benefits of walking.
- PE.FL:2-2 Show the knowledge of various types of fitness training programs.
- PE.FL:2-3 Show the knowledge of safety and fitness strategies through a variety of assessments.
- PE.FL:2-4 Apply the knowledge of the four (4) principles of exercise.

PE.FL:3 Student will set realistic long/short term fitness goals to achieve personal performance. (IL 20C)

- PE.FL:3-1 Evaluate their long and short term goals by monitoring their progress.
- PE.FL:3-2 Identify a variety of goal setting terms.

PE.FL:4 Student will identify health-related disease based on their daily lifetime choices. (IL 20B)

- PE.FL:4-1 Identify the different types of diseases related to poor nutrition (e.g. heart disease, diabetes, stroke, high blood pressure).
- PE.FL:4-2 Give examples of diseases and terminology related to a sedentary lifestyle (e.g. obesity, overweight, diabetes).
- PE.FL:4-3 Evaluate effects of fitness choices on wellness.
- PE.FL:4-4 Recognize nutrition terminology and identify associated examples.

PE.FL:5 **Student will achieve and maintain a level of physical fitness based upon continual assessment. (IL 20B, 20A)**

- PE.FL:5-1 Show knowledge of target heart rate zone with and without the use of technology.
- PE.FL:5-2 Record strides and miles after activity.
- PE.FL:5-3 Identify a variety of fitness vocabulary words.