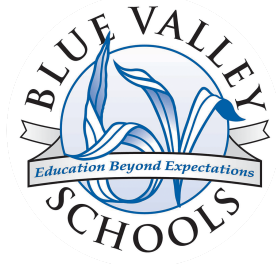


# BLUE VALLEY DISTRICT CURRICULUM OVERVIEW

## Group Exercise



### UNIT 1: Cardio

#### ESSENTIAL QUESTIONS

**What is the importance of understanding cardio fitness now and in the future?**

#### BIG IDEAS

- Students will develop, improve, and maintain a healthy level of cardio fitness.
- Students will develop personal fitness goals around cardio fitness.

#### GUIDING QUESTIONS

##### Content

- What are some cardio fitness resources available in the community? (S2/S5)
- How can students use available resources to gather information about different cardio activities? (S2)
- Can students explain the benefit of cardio fitness activities? (S3)

##### Process

- How are community resources identified and made available? (S2/S5)
- How are students identifying the benefits of cardio fitness? (S3)
- How are realistic short-term and long-term cardio fitness goals developed? (S3)
- How are the students applying information gained from other resources? (S2)
- How are skills demonstrated within fitness activities? (S1)
- Do students participate in moderate to vigorous levels of fitness activities? (S3)

##### Reflective

- How am I using the knowledge I have gathered to improve my cardio fitness? (S2/S5)
- How am I working towards my goals of cardio fitness? (S3)
- How does cardio fitness impact my wellness today and in the future? (S3/S5)
- Looking at cardio fitness, where have I improved the most? (S3)
- Which of these activities would I be interested in continuing in my lifetime fitness routine? (S3/S5)

## UNIT 2: Strength

### ESSENTIAL QUESTIONS

**What is the importance of muscular strength and endurance now and in the future?**

### BIG IDEAS

- Students will develop, improve, and maintain a healthy level of muscular strength and endurance.
- Students will develop personal fitness goals around muscular strength and endurance.

### GUIDING QUESTIONS

#### Content

- What are some muscular strength resources available in the community? (S2/S5)
- How can students use available resources to gather information about different muscular strength activities? (S2)
- Can students explain the benefit of muscular strength activities? (S3)

#### Process

- How are community resources identified and made available? (S2/S5)
- How are students identifying the benefits of muscular strength? (S3)
- How are realistic short-term and long-term muscular strength goals developed? (S3)
- How are the students applying information gained from other resources? (S2)
- How are skills demonstrated within strength activities? (S1)
- Do students participate in moderate to vigorous levels of muscular strength activities? (S3)

#### Reflective

- How am I using the knowledge I have gathered to improve my muscular strength? (S2/S5)
- How am I working towards my goals of improving muscular strength? (S3)
- How does muscular strength impact my wellness today and in the future? (S3/S5)
- Where have I improved my muscular strength the most? (S3)
- Which of these activities would I be interested in continuing in my lifetime fitness routine? (S3/S5)

## UNIT 3: Mind and Body

### ESSENTIAL QUESTIONS

**Why is it important to understand mind and body wellbeing now and in the future?**

### BIG IDEAS

- Students will develop, improve, and maintain a health-enhancing level of mind and body wellbeing.
- Students will develop personal fitness goals around mind and body wellbeing.

### GUIDING QUESTIONS

#### Content

- Can students explain the benefit of mind and body activities? (S3)
- Can students learn to achieve mind and body wellness by practicing different activities? (S2)
- Can students achieve a mindful state by practicing mind and body techniques? (S4)

#### Process

- Can students use available resources to find different ways to achieve mind and body wellness? (S4)
- Can students identifying the benefits of mind and body wellness? (S3)
- Can students self-modify to personalize mind and body activities? (S4)
- Can students demonstrate techniques needed to achieve mind and body wellness? (S1/S5)
- Do students participate in moderate levels of mind and body activities? (S3)

#### Reflective

- How am I using the knowledge I have gathered to improve my mind and body wellness? (S2/S5)

- How am I working towards my goals of mind and body awareness? (S3)
- How will mind and body activities affect my wellness today and in the future? (S5)
- Which mind and body activity am I most comfortable in? (S4)
- Which of these activities would I be interested in continuing in my lifetime fitness routine? (S3/S5)