**Performance Tasks:**

**Module A Task:** Students will use the F.I.T.T. principle to design a personal fitness plan by analyzing their Fitnessgram data and determine activities to improve or maintain fitness levels.

**Module C Task:** Student will reflect upon their current level of fitness and cite evidence to support the level of change in their fitness scores.

**Essential questions:** Students will keep considering…

What activities do I need to implement into my life to improve/maintain my current fitness level?

What is my current level of fitness and what adjustments do I need to make to my goals using the F.I.T.T. principle?

**Understandings:** Students will understand that…

Fitness levels can improve with deliberate focus and goal setting.

A variety of activities can be used for goal setting to improve fitness levels.

**Knowledge:** Students will know…

The F.I.T.T. principle.

Examples for each FITT principle.

Where their fitness levels are in relation to the healthy fitness zone.

The components of a personal fitness plan.

How to record fitness scores and track progress.

The activities related to each fitness component.

**Skill:** Students will be able to…

Analyze a variety of student’s fitness scores and determine the fitness zone range.

Analyze a variety of student’s fitness scores and determine activities to improve or maintain the fitness level.

Analyze individual fitness scores and determine fitness zone level.

Use the F.I.T.T. principle to plan activities using a variety of student fitness zone examples.

Demonstrate an activity related to a targeted fitness goal.

Choose appropriate activities from a list when creating a fitness plan.

**Illinois State Standard**

20 Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.

**Performance Descriptors**

20C.f.1 Select an additional health- related fitness goal based on the level of fitness, write a list of activities to accomplish the goal.

20C.g.1 Set personal goals from health-related fitness scores.

20C.g.2 Identify a health-related fitness goal based on fitness levels, and select activities to meet that goal.

20C.g.3 Identify fitness levels with use of data on level of fitness.

20C.g.4 Construct a personal plan to improve health-related fitness scores for one component.

20C.g.5 Record scores and monitor progress.

20C.g.6 Choose from a list of activities that can improve one’s health/fitness plan.

20C.g.7 Explain what activities can be used to improve health-related fitness scores.

20C.g.8 Identify components of the F.I.T.T. principles needed to create a plan for achieving a goal.

**8th Grade Fitness Concepts**

**Transfer goal:** Students will be able to independently use their learning to… analyze their overall level of fitness and make adjustment to insure a healthy, active lifestyle.