

MODESTO CITY SCHOOLS COURSE OUTLINE

Course Title	Fitness – Gr 6 OLL
Course Number	OLL (S1) OLL (S2)
Recommended Grade	<input type="checkbox"/> K <input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input checked="" type="checkbox"/> 6
Duration	<input type="checkbox"/> Quarter <input checked="" type="checkbox"/> Semester
Credit	<input type="checkbox"/> 2.5 <input checked="" type="checkbox"/> 5 <input type="checkbox"/> 10
Repeatable for Credit	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Required for Graduation	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Meets Graduation Requirement	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
CALPADS Course Number	9311
CALPADS Course Name	Physical Education (Departmentalized 6-8)
Meets UC/CSU Requirements	<input type="checkbox"/> Yes <input type="checkbox"/> No If yes, which area? <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> E <input type="checkbox"/> F <input type="checkbox"/> G N/A
CTE Course	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
CTE Course Level	<input type="checkbox"/> Introduction <input type="checkbox"/> Concentrator <input type="checkbox"/> Capstone N/A
Part of a Course Pathway	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No If yes, which pathway?
Credential Requirements	
Replaces	N/A
Recommended Prerequisites	
Aligned to Standards Date	
Content Delivery Method	<input type="checkbox"/> Instructor Led <input checked="" type="checkbox"/> Online Provider Modesto Virtual Academy
Other Information	
Board Approval Date	
Implementation Date	Fall 2020

Course Description:

Required Text(s): (Title, Publisher, Year):

Supplementary Materials(s):



Course Name: Middle School Fitness Grade 6 v17

Course Credit: 0.5

Course Estimated Completion Time: 1 Segment/12-16 weeks

Course Description: Students who want to be fit but don't know where to start are invited to join a diverse group of virtual classmates who help with exploring and understanding fitness and health. With the support of these virtual friends, students determine current personal fitness levels and learn to improve those levels. Students also learn safety rules for exercise, how to create equipment from household items, how different activities target different body parts, how to set and reach a goal, and how to be good sports. Students keep a log of physical fitness activities while exploring topics that include diversity in sports, nutrition, peer pressure, and making good choices. Coach Cardio help measure growing fitness levels while students complete their projects. Each PE project leads to improved student understanding of personal skills and the environments in which activities are played.

Prerequisites:

Honors Lessons: No

Course Profile (Includes Honors, if applicable)

Type of Assessment	Quantity	Location(s)
Teacher-graded	18	
Auto-graded	3	1.04, 1.05, 4.04
Partial Auto-graded	1	
Discussion-Based (DBA)	3	2.06, 4.06, 5.06
Collaboration	1	
Project-based	3	3.03, 3.05, 5.06
Total Assessments	22	

Types of Assessments (Includes Honors, if applicable)

Type of Assessment	Available	Type of Assessment	Available
Multiple Choice	Yes	Essay	
Worksheets		Collaborative	Yes
Web 2.0		Short Response	
Project - Based	Yes	Labs	
Self - Check	Yes	DBAs	Yes

Scope and Sequence

Health Club

- Introduction to Physical Fitness
- Safety First
- Warming Up and Cooling Down
- Health Related Components of Fitness
- Heart Health

Cardio Zone

- Body Composition and Health
- Measuring Body Composition and Cardiovascular Fitness
- Maintaining Body Composition
- Cardiovascular Activity
- Heart Rate and Activity
- Cardiovascular Training Principles

Fitness Zone

- Healthy Muscles, Bones, and Joints
- Measuring Flexibility and Muscular Fitness
- Maintaining Flexibility
- Maintaining Healthy Muscles and Bones
- Equipment
- Training Principles

Team Work

- Fitness Opportunities
- Getting to Your Goals
- Peer Pressure
- Sportsmanship
- Diversity Through Sports
- Activities around the World

Health Zone

- Health Risks
- Health Information, Products and Services
- Making Healthy Decisions
- Enhancing One's Health
- Positive and Negative Health Influences from Family, Peers, and Culture
- Positive Health Choices