

Folsom Middle Fitness Plans

Objectives:

Through participation in physical education, students will be given the opportunity to develop an understanding of the following:

- The importance of exercise, activity and becoming physically fit
- Target heart rate zones, how to calculate the minimum and maximum zones
- The five components of fitness: Cardiorespiratory Endurance, Muscular Endurance, Muscular Strength, Flexibility and Body Composition
- FITT Principle: Frequency, Intensity, Type and Time
- Aerobic vs. Anaerobic Exercises
- The purpose of proper warm-up and cool down in an exercise program
- Healthy lifestyle choices relating to nutrition, stress and relaxation
- Develop a one day fitness plan (6th graders) or a week fitness plan (7th graders)
- Unit test

