

Personal Fitness (1501300)

Scope and Sequence

Unit	Standards	Suggested Timeframe
Unit 1: Establish Rules & Safety Procedures	PE.912.L.3.6 , PE.912.M.1.15 , PE.912.M.1.35 , PE.912.R.5.5 , HE.912.C.1.4	2 weeks (10 days)
Unit 2: Components of Physical Fitness & Physical Fitness Activities	PE.912.C.2.15 , PE.912.C.2.16 , PE.912.C.2.17 , PE.912.C.2.22 , PE.912.C.2.23 , PE.912.L.3.1 , PE.912.L.3.2 , PE.912.L.4.1 , PE.912.L.4.2 , PE.912.L.4.3 , PE.912.L.4.4 , PE.912.L.4.5 , PE.912.L.4.6 , PE.912.M.1.5 , PE.912.M.1.12 , PE.912.M.1.13 , PE.912.M.1.19 , PE.912.M.1.34 , PE.912.R.6.2 ,	Ongoing (1 semester)
Unit 3: Ethical & Fair Play	PE.912.C.2.18 , PE.912.R.5.2 , PE.912.R.5.3 , PE.912.R.6.3 , HE.912.C.2.2	Ongoing (1 semester)
Unit 4: Essential Topics: Health & Wellness	PE.912.L.3.3 , PE.912.L.4.7 , PE.912.M.1.14 , PE.912.R.6.1 , HE.912.B.6.4 , HE.912.C.1.1 , HE.912.C.1.3 , HE.912.C.2.5 , HE.912.P.7.1 , HE.912.P.7.2	Ongoing (1 semester)

Health standards are indicated in black.
Last Updated: 08/16/2021