**WCS Scope & Sequence 2014-15**  
Subject: Physical Education  
4th Nine Weeks

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| *(Standard 4)* A physically educated person achieves and maintains a health-enhancing level of physical fitness. | **Knowledge:**  
- Physical fitness  
- Health related components  
  - Cardiovascular (heart/lungs)  
  - Flexibility  
  - Muscular strength & endurance  
  - Body composition  
- Sport related  
  - Speed  
  - Agility  
  - Coordination  
  - Power  
- Intensity and duration  
- Sustain and maintain  
- Monitor  
- Heart rate  
  - Resting/target/maximum  
- Physiological changes during physical activity  
- Nutrition  
  - My Pyramid  
  - Activity Pyramid  
- *(HS)*- Personal Hygiene  
- *(HS)*- Body Systems  
  - Cardio-respiratory  
  | I can make a plan and set goals for my fitness.  
I can feel my heart beat faster.  
I can feel my heart beat and my breathing get faster when I exercise.  
I can feel myself sweat after working hard.  
I can name some muscles.  
I can name and do exercises for flexibility.  
I can name and do exercises for muscular strength and muscular endurance.  
I can name and do exercises that will help my cardiovascular endurance.  
I can check my heart rate.  
I can understand my Fitness gram report.  
I can use the results of my Fitness gram to improve my fitness.  
I can explain the MyPyramid and the Activity Pyramid.  
I can choose healthy foods for my body. |
| **Performance Standards:**  
4.2.1 plan, monitor and set goals in daily physical activities for the purpose of developing and maintaining personal fitness  
4.2.2 identify multiple physiological changes that occur during physical activity  
4.2.3 identify and use each component of health-related fitness that contributes to the development of personal fitness  
4.2.4 maintain a fitness portfolio for the purpose of assessing/evaluating each component of health-related fitness  
4.2.5 enjoy achievement of health enhancing levels of fitness  
4.2.6 understand the connection between MyPyramid *(http://mypyramid.gov/)* and the Activity Pyramid  
4.3.1 apply knowledge of health-related fitness and nutrition to create a personal fitness plan to achieve and maintain a healthy lifestyle  
**Health Standard (HS)**  
**Standard 2:** The student will understand the importance of personal hygiene practices as related to healthy living.  
2.1 demonstrate the importance of personal hygiene practices (hand washing, deodorant)  
2.2 describe physical/emotional/social health implications of personal hygiene  
2.3 identify ways to take responsibility for our personal health  
2.4 analyze the changes in health and hygiene needs related to adolescence. | **Processes:**  
- Engage in sustained physical activity that causes and increased heart rate for longer periods of time  
- Recognize and monitor the physiological indicators that accompany moderate to vigorous physical activity  
- Identify activities associated with each component of health-related physical fitness |
### Standard 3: The student will understand the role of body systems as related to healthy living.

**3.1** describe the basic human body structures  
**3.2** describe the functions of the human body systems  
**3.3** explain how health is influenced by the interaction of human body systems  

### Standard 5: The student will understand the relationship of nutrition to healthy living.

- Evaluate and improve personal levels of health related fitness  
- Recognize that time and effort are necessary for improving and maintaining fitness  
- Recognize the importance of nutrition relative to fitness  
- Calculate resting/target/maximum heart rate  
- Illustrate ways the cardio-respiratory and musculoskeletal systems work together  
- *(HS)* - describe basic personal hygiene methods  
- *(HS)* - describe how good personal hygiene relates to positive outlook and self concept  
- *(HS)* - demonstrate an understanding of portion sizes and recommended servings per day as recommended by “My Pyramid”  
- *(HS)* - explain the relationship between weight and a balance diet and exercise regime  
- *(HS)* - explain the connection of junk food and calorie intake to poor nutrition and obesity.