**PST – 9th grade**

**Students will achieve and maintain health-enhancing levels of physical fitness**. (Standard #4)

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| **Learning Objectives** | **I Can perform it** | **Still working on it** | **Don’t know how** |
| 1**.** I Can identify and participate in a number of activities that develop muscular strength and endurance, flexibility, and cardiovascular endurance. |  |  |  |
| 2. I Canreview (FITT )Frequency, Intensity, Time and Type) guidelines as they apply to the development of physical fitness. |  |  |  |
| 3**.** I Can recognize that both proper nutrition and exercise are necessary for a lifelong healthy lifestyle. |  |  |  |
| 4. I Can utilize computer software to assist in assessing and tracking fitness levels. |  |  |  |
| 5. I Can adjust intensity levels of various activities through monitoring pulse manually or by using heart-rate monitors or pulse sticks. |  |  |  |
| 6. I can improve movement skills using technology to which provides feedback and/or self –analysis. |  |  |  |
| 7. I can use internet resources to create reports on activity, nutrition, and lifelong wellness. |  |  |  |
| 8. I can develop and maintain an activity journal to track fitness and activity levels. |  |  |  |

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| Fitness Language students should know and use: | cardiovascular endurance, FITT, flexibility, strength, proper nutrition, heart-rate monitors, pulse sticks, manually checking heart rate |