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# PE/Health 3

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Credits: .5

**Course Description:** Students will learn more about their body, how it functions and how to improve its function. They will learn about fat and muscle and how to train to improve fitness levels. Students will build fitness routines to improve their strength, flexibility and aerobic capacity. Students will take three benchmark fitness tests during the year to track their improvement. Students will also practice fire safety and learn about the dangers of alcohol and of driving while on a cell phone.

## Week 1

1. Make sure your family has a fire escape plan for each room of the house.
2. Make sure you and everyone else in your family knows what it is.
3. Conduct a fire drill for two different circumstances.

## Week 2

1. Read over the instructions for the Presidential Youth Fitness Tests for [strength and flexibility](#). Decide how you are going to accomplish those tests.
2. \*Print the [record sheet](#). Learn about the [proper way to do a sit up](#). Do the sit up (curl up) test. Record your results.
3. Learn about [stomach muscles](#) and [stomach fat](#). Remember that activity doesn't have to be exercise. Walking the dog, vacuuming, etc. are activities.

## Week 3

1. Do the trunk lift and upper body strength test. Record your results.
2. Learn about the [proper way to stretch](#). Do the flexibility test. Record your results. Make sure you put the date.
3. Learn about [stretching and muscles](#).

## Week 4

1. Read about the [aerobic capacity test](#) and decide how you are going to do it.
2. Take the aerobic capacity test and record your results.
3. Read about the [body and endurance](#).

## Week 5

1. Hold onto your test results. We will test two more times this year. Your job is to make progress. Today read about:
  - increasing strength
  - increasing endurance
  - increasing flexibility
2. Design a workout routine to help you improve in every testing area.

3. Learn about the [dangers of alcohol](#) and [cell phones and driving](#).

#### **Week 6-17**

1. Read a [health article](#). Tell a parent about what you learned. (\*Note to parents: I don't control the topics of these articles. You should be aware what your child is reading about. These can be something to discuss.)
2. Do your workout routine. You should do it at least three times a week for school, but if you can do it most days, you'll see more improvement.

#### **Week 18**

1. Complete all of the Presidential Fitness Tests again. Record your results with the date. (Do these over three days. You can find the directions in weeks 1-4.)
2. Did you make any improvement?
3. Do you need to make any changes to your fitness routine?

#### **Week 18-35**

1. Read a [health article](#). Tell a parent about what you learned.
2. Do your workout routine.

#### **Week 36**

1. Complete all of the Presidential Fitness Tests again. Record your results with the date. (Do these over three days. You can find the directions in weeks 1-4.)
2. Compare your results from the beginning and middle of the year.
3. Did you improve?