### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

*Within the context of Group Fitness students will:*

1.1 Perform a proper deep squat, lunge and a variety of compound movements such as squat with an overhead press or lunge with bicep curl ...

1.2 Identify and demonstrate appropriate skeletal alignment and physical skills - strength, stamina, coordination, control, balance, flexibility - in locomotor and non-locomotor movements.

1.3 Move in all three planes of motion - sagittal, frontal, and transverse.

1.4 Execute proper Olympic lifting progressions.

1.5 Demonstrate core stability and mobility.

1.6 Perform movements using full range of motion with good balance and flexibility.

### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

*Within the context of Group Fitness students will:*

2.1 Develop an appropriate conditioning program for a self selected fitness goal using a variety of equipment or not equipment at all.

2.2 Explain the foundations of movement and why we train movement for function.

2.3 Plan a personal conditioning program to be used outside of the classroom.

2.4 Understand how, why and what for using a heart monitor.

2.5 Correctly identify the psychological and biomechanical principles that govern successful movement performance such as using the mind/body connection.

### Standard 3: Participates regularly in physical activity.

*Students will:*

3.1 Willingly and actively participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.
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3.2 Monitor physical activity through the use of heart rate monitors, foot pods and stop watches.
3.3 Respond to recommended participation in vigorous physical activity outside of physical education class during the week.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Students will:
4.1 Maintain appropriate levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition necessary for a healthy and productive life.
4.2 Assess physical fitness status in terms of VO2 max, muscular strength and endurance, flexibility and body composition.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Students will:
5.1 Demonstrate the 5 SAS core values (respect, responsibility, compassion, honesty, fairness) in all aspects of the class.
5.2 Choose to participate in an activity because of personal enjoyment rather than only when friends are participating.
5.3 Show support and encouragement to all levels of skill and/or experience.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Students will:
6.1 Identify and reflect on reasons for choosing to participate in selected physical activities.
6.2 Value working with others in a fitness activity to achieve a common goal.