

Aerobics 1 Essential Learning Semester at a Glance 20-21

Standard	MP 1	MP 2	Description	Vocabulary and Proposed Units of Study
PE.912.C.2.2			Apply terminology and etiquette in dance.	
PE.912.C.2.5			Analyze the relationship between music and dance.	
PE.912.C.2.15			Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range.	
PE.912.C.2.16			Explain the methods of monitoring levels of intensity during aerobic activity. Clarifications: Some examples are a talk test, rate of perceived exertion and checking one's heart rate/pulse	
PE.912.C.2.23			Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance.	
PE.912.L.3.1			Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week.	
PE.912.L.3.2			Participate in a variety of activities that promote the health-related components of fitness. Clarifications: The health related components of fitness are cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition.	
PE.912.L.3.3			Identify a variety of activities that promote effective stress management.	
PE.912.L.3.6			Identify risks and safety factors that may affect physical activity throughout life.	
PE.912.M.1.5			Apply strategies for self-improvement based on individual strengths and needs.	
PE.912.M.1.8			Design and perform a creative movement sequence while working with a small group or large group, with or without equipment/props.	
PE.912.M.1.14			Utilize technology to assess, enhance and maintain health and skill-related fitness levels. Clarifications: Some examples of technology are Excel spreadsheets or web-based programs to chart or log activities, heart rate monitors, videotapes or digital cameras.	
PE.912.M.1.15			Select and apply sport/activity specific warm-up and cool-down techniques.	
PE.912.M.1.35			Select proper equipment and apply all appropriate safety procedures necessary for participation.	
PE.912.R.5.2			Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	
PE.912.R.5.4			Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. Clarifications: Some examples are respecting teammates, opponents and officials, and accepting both victory and defeat.	
PE.912.R.5.5			Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities.	
PE.912.R.6.3			Analyze the roles of games, sports and/or physical activities in other cultures.	

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ELD.K12.ELL.SI.1			English language learners communicate for social and instructional purposes within the school setting.	
LAFS.910.SL.1.1			Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	
MAFS.912.S-ID.1.2			Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.	