

Life Fitness Power Standards

1. Design and implement a personal fitness plan at least 3 days a week that relates to 2 of the core components of fitness.
2. Evaluates personal fitness levels in relation to the 5 fitness components.
3. Describes the 5 core components of fitness.
4. Demonstrates independent learning of movement skills, rules and strategies of lifetime activities.
5. Create a practice plan to improve performance on 1-2 self-selected areas of health/fitness based on a personally designed SMART goal.
6. Demonstrates officiating rules and signals in relation to 3 different sports
7. Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, dynamic) for personal fitness development. (For example: strength, endurance, range of motion).
8. Choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.