

(HF) Health-Related Fitness

	Essential Standard	Clarifying Objectives	
K.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.K.HF.3.1	Recognize one or more of the five health-related fitness assessments and the associated exercises.
		PE.K.HF.3.2	Identify opportunities for increased physical activity.
		PE.K.HF.3.3	Select moderate-to-vigorous physical activity (MVPA) and sustain for periods of accumulated time.
1.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.1.HF.3.1	Recognize two or more of the five health-related fitness assessments and the associated exercises.
		PE.1.HF.3.2	Select physical activities based on one's interests and physical development.
		PE.1.HF.3.3	Contrast moderate physical activity and vigorous physical activity.
2.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.2.HF.3.1	Recognize three or more of the five health-related fitness assessments and the associated exercises.
		PE.2.HF.3.2	Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.2.HF.3.3	Implement a weekly plan of moderate to vigorous activity that increases breathing and heart rate.
3.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.3.HF.3.1	Summarize four or more of the five health-related fitness assessments and the associated exercises.
		PE.3.HF.3.2	Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
		PE.3.HF.3.3	Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.

	Essential Standard	Clarifying Objectives	
4.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.4.HF.3.1	Understand why and how to complete a valid and reliable health-enhancing pre- and post-fitness assessment, including monitoring of the heart.
		PE.4.HF.3.2	Evaluate oneself in terms of the five recommended behaviors for obesity prevention.
		PE.4.HF.3.3	Use physiological indicators to adjust physical activity.
5.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.5.HF.3.1	Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.
		PE.5.HF.3.2	Implement strategies to achieve health-related physical fitness.
		PE.5.HF.3.3	Select physical activities that develop/maintain each of the five components of health-related fitness.
6.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.6.HF.3.1	Apply strategies that result in the achievement of gender and age-related standards on approved fitness assessments.
		PE.6.HF.3.2	Use a variety of self-paced aerobic activities, keeping in the appropriate target heart rate zone/perceived exertion levels, including cool-down and appropriate post-activity stretching.
		PE.6.HF.3.3	Evaluate personal fitness programs in terms of the basic principles of training.
7.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.7.HF.3.1	Use the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment to self evaluate fitness levels.
		PE.7.HF.3.2	Analyze data to examine the relationship between physical activity and caloric intake.
		PE.7.HF.3.3	Illustrate a variety of training methods.

	Essential Standard	Clarifying Objectives	
8.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.8.HF.3.1	Evaluate progress toward achieving health-related fitness standards, using the results to make improvements.
		PE.8.HF.3.2	Summarize the potential short- and long-term physical, social, and emotional impacts of physical activity as a positive lifestyle choice.
		PE.8.HF.3.3	Use a variety of resources to assess, monitor, and improve personal fitness.
9.HF.3	Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.	PE.9.HF.3.1	Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
		PE.9.HF.3.2	Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.
		PE.9.HF.3.3	Analyze the relationship between the six sports-related components and the five health-related components of fitness.