

**Cocalico School District**  
**Year-at-a-Glance - Curriculum Overview**

**Department:** Cocalico Connections    **Course:** Fitness Basics I (PE pt 1)    **Grade Level:** 6-8

**Outline for the course:**

| Section                               | Type of Assignment     | Assignment                         | Points Possible | Due Date |
|---------------------------------------|------------------------|------------------------------------|-----------------|----------|
| <b>Course Introduction</b>            |                        |                                    |                 |          |
| Intro                                 | Multimedia Lesson      | <i>Course Introduction</i>         | n/a             |          |
| Intro                                 | Multimedia Lesson      | <i>Course Tasks</i>                | n/a             |          |
| Intro                                 | Multimedia Lesson      | <i>Fitness Log</i>                 | n/a             |          |
| Intro                                 | Team Huddle/Discussion | Introduce Yourself                 | 5               |          |
| Intro                                 | Quiz                   | Intro Quiz                         | 10              |          |
| Intro                                 | Assignment             | Course Contract                    | 10              |          |
| <b>Unit 1 GET MOVING</b>              |                        |                                    |                 |          |
| <b>Section 1.1 Getting Started</b>    |                        |                                    |                 |          |
| 1.1                                   | Multimedia Lesson      | <i>Getting Started</i>             | n/a             |          |
| 1.1                                   | Sprint/Online Links    | View Additional Links              | n/a             |          |
| 1.1                                   | Team Huddle/Discussion | Healthy Changes                    | 5               |          |
| 1.1                                   | Assignment             | Physical Activities                | 20              |          |
| 1.1                                   | Quiz                   | Quiz 1.1                           | 20              |          |
| <b>Section 1.2 Fitness Assessment</b> |                        |                                    |                 |          |
| 1.2                                   | Multimedia Lesson      | <i>Personal Fitness Assessment</i> | n/a             |          |
| 1.2                                   | Sprint/Online Links    | View Additional Links              | n/a             |          |
| 1.2                                   | Team Huddle/Discussion | Fitness Tests                      | 5               |          |
| 1.2                                   | Assignment             | Fitness Assessment                 | 20              |          |
| 1.2                                   | Quiz                   | Quiz 1.2                           | 20              |          |
| 1.2                                   | Assignment             | Weekly Fitness Log #1              | 45              |          |
| <b>Section 1.3 Fitness Analysis</b>   |                        |                                    |                 |          |
| 1.3                                   | Multimedia Lesson      | <i>Fitness Analysis</i>            | n/a             |          |
| 1.3                                   | Sprint/Online Links    | View Additional Links              | n/a             |          |
| 1.3                                   | Team Huddle/Discussion | Practice Makes Perfect             | 5               |          |
| 1.3                                   | Assignment             | Fitness Analysis                   | 20              |          |
| 1.3                                   | Quiz                   | Quiz 1.3                           | 20              |          |
| 1.3                                   | Assignment             | Weekly Fitness Log #2              | 45              |          |
| <b>UNIT 2 EXERCISE PROGRAMMING</b>    |                        |                                    |                 |          |
| <b>Section 2.1 Goal Setting</b>       |                        |                                    |                 |          |
| 2.1                                   | Multimedia Lesson      | <i>Goal Setting</i>                | n/a             |          |
| 2.1                                   | Sprint/Online Links    | View Additional Links              | n/a             |          |
| 2.1                                   | Team Huddle/Discussion | Rewarding Yourself                 | 5               |          |
| 2.1                                   | Assignment             | Goal Setting                       | 20              |          |
| 2.1                                   | Quiz                   | Quiz 2.1                           | 20              |          |

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|   |                        |                                     |     |  |
|---|------------------------|-------------------------------------|-----|--|
| 2.1   | Assignment             | Weekly Fitness Log #3               | 45  |  |
| <b>Section 2.2 Creating an Exercise Program</b>     |                        |                                     |     |  |
| 2.2   | Multimedia Lesson      | <i>Creating an Exercise Program</i> | n/a |  |
| 2.2   | Multimedia Lesson      | <i>Safety Guidelines</i>            | n/a |  |
| 2.2   | Sprint/Online Links    | View Additional Links               | n/a |  |
| 2.2   | Team Huddle/Discussion | Up to the Challenge                 | 5   |  |
| 2.2   | Assignment             | Workout Schedule                    | 20  |  |
| 2.2   | Quiz                   | Quiz 2.2                            | 20  |  |
| 2.2   | Assignment             | Weekly Fitness Log #4               | 45  |  |
|   | Email Checkpoint       | Supervisor Verification #1          | **  |  |
|   | Assignment             | Student Fitness Checkpoint #1       | 5   |  |
| <b>Section 2.3 Motivation &amp; Cooperation</b>     |                        |                                     |     |  |
| 2.3   | Multimedia Lesson      | <i>Motivation</i>                   | n/a |  |
| 2.3   | Multimedia Lesson      | <i>Exercising with Others</i>       | n/a |  |
| 2.3   | Sprint/Online Links    | View Additional Links               | n/a |  |
| 2.3   | Team Huddle/Discussion | Including Others                    | 5   |  |
| 2.3   | Assignment             | Exercise & Motivating Others        | 20  |  |
| 2.3   | Quiz                   | Quiz 2.3                            | 20  |  |
| 2.3   | Assignment             | Weekly Fitness Log #5               | 45  |  |
| <b>UNIT 3 EXERCISE TECHNIQUE</b>                    |                        |                                     |     |  |
| <b>Section 3.1 Warm Up &amp; Cool Down</b>          |                        |                                     |     |  |
| 3.1   | Multimedia Lesson      | <i>Warm Up</i>                      | n/a |  |
| 3.1   | Multimedia Lesson      | <i>Cool Down</i>                    | n/a |  |
| 3.1   | Sprint/Online Links    | View Additional Links               | n/a |  |
| 3.1   | Team Huddle/Discussion | Stretch Yourself                    | 5   |  |
| 3.1   | Assignment             | Cool Down Exercises                 | 20  |  |
| 3.1   | Quiz                   | Quiz 3.1                            | 20  |  |
| 3.1   | Assignment             | Weekly Fitness Log #6               | 45  |  |
| <b>Section 3.2 Exercise Technique &amp; Posture</b> |                        |                                     |     |  |
| 3.2   | Multimedia Lesson      | <i>Exercise Technique</i>           | n/a |  |
| 3.2   | Multimedia Lesson      | <i>Posture &amp; Technique</i>      | n/a |  |
| 3.2   | Multimedia Lesson      | <i>Posture &amp; Exercise</i>       | n/a |  |
| 3.2   | Sprint/Online Links    | View Additional Links               | n/a |  |
| 3.2   | Team Huddle/Discussion | Posture                             | 5   |  |
| 3.2   | Assignment             | Exercise Technique                  | 20  |  |
| 3.2   | Quiz                   | Quiz 3.2                            | 20  |  |
| 3.2   | Assignment             | Weekly Fitness Log #7               | 45  |  |
| <b>UNIT 4 FOUNDATION OF FITNESS</b>                 |                        |                                     |     |  |
| <b>Section 4.1 Components of Fitness</b>            |                        |                                     |     |  |
| 4.1   | Multimedia Lesson      | <i>Components of Fitness</i>        | n/a |  |
| 4.1   | Sprint/Online Links    | View Additional Links               | n/a |  |
| 4.1   | Team Huddle/Discussion | Body Image                          | 5   |  |
| 4.1   | Assignment             | Modify Workout Schedule             | 20  |  |
| 4.1   | Quiz                   | Quiz 4.1                            | 20  |  |

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|   |                        |                                  |           |  |
|---|------------------------|----------------------------------|-----------|--|
| 4.1   | Assignment             | Weekly Fitness Log #8            | 45        |  |
|   | Email Checkpoint       | Supervisor Verification #2       | **        |  |
|   | Assignment             | Student Fitness Checkpoint #2    | 5         |  |
| <b>Section 4.2 Principles of Exercise</b>     |                        |                                  |           |  |
| 4.2   | Multimedia Lesson      | <i>Principles of Fitness</i>     | n/a       |  |
| 4.2   | Sprint/Online Links    | View Additional Links            | n/a       |  |
| 4.2   | Team Huddle/Discussion | Variety in Exercise              | 5         |  |
| 4.2   | Assignment             | Components of Fitness            | 20        |  |
| 4.2   | Quiz                   | Quiz 4.2                         | 20        |  |
| 4.2   | Assignment             | Weekly Fitness Log #9            | 45        |  |
| <b>Section 4.3 Heart Rate &amp; Intensity</b> |                        |                                  |           |  |
| 4.3   | Multimedia Lesson      | <i>Heart Rate/Intensity</i>      | n/a       |  |
| 4.3   | Sprint/Online Links    | View Additional Links            | n/a       |  |
| 4.3   | Team Huddle/Discussion | Monitoring Heart Rates           | 5         |  |
| 4.3   | Assignment             | Heart Rate Experiment            | 20        |  |
| 4.3   | Quiz                   | Quiz 4.3                         | 20        |  |
| 4.3   | Assignment             | Weekly Fitness Log #10           | 45        |  |
| <b>UNIT 5 FITNESS</b>                         |                        |                                  |           |  |
| <b>Section 5.1 What is Fitness?</b>           |                        |                                  |           |  |
| 5.1   | Multimedia Lesson      | <i>What is Physical Fitness?</i> | n/a       |  |
| 5.1   | Multimedia Lesson      | <i>Shape of the Nation</i>       | n/a       |  |
| 5.1   | Sprint/Online Links    | View Additional Links            | n/a       |  |
| 5.1   | Team Huddle/Discussion | Society's View                   | 5         |  |
| 5.1   | Assignment             | Community Activities             | 20        |  |
| 5.1   | Quiz                   | Quiz 5.1                         | 20        |  |
| 5.1   | Assignment             | Weekly Fitness Log #11           | 45        |  |
| <b>Section 5.2 Skill vs. Health</b>           |                        |                                  |           |  |
| 5.2   | Multimedia Lesson      | <i>Skill vs. Health</i>          | n/a       |  |
| 5.2   | Sprint/Online Links    | View Additional Links            | n/a       |  |
| 5.2   | Team Huddle/Discussion | Exercising as You Age            | 5         |  |
| 5.2   | Assignment             | Skill vs. Health                 | 20        |  |
| 5.2   | Quiz                   | Quiz 5.2                         | 20        |  |
| 5.2   | Assignment             | Weekly Fitness Log #12           | 45        |  |
|   | Email Checkpoint       | Supervisor Verification #3       | **        |  |
|   | Assignment             | Student Fitness Checkpoint #3    | 5         |  |
| <b>Section 5.3 Benefits of Fitness</b>        |                        |                                  |           |  |
| 5.3   | Multimedia Lesson      | <i>Benefits of Exercise</i>      | n/a       |  |
| 5.3   | Multimedia Lesson      | <i>Sportsmanship</i>             | n/a       |  |
| 5.3   | Sprint/Online Links    | View Additional Links            | n/a       |  |
| 5.3   | Team Huddle/Discussion | Health Problems                  | 5         |  |
| 5.3   | Assignment             | Exercise Articles                | 20        |  |
| 5.3   | Quiz                   | Quiz 5.3                         | 20        |  |
| 5.3   | Assignment             | Weekly Fitness Log #13           | *Optional |  |

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| UNIT 6 POST ASSESSMENT      |                        |                        |           |  |
|-----------------------------|------------------------|------------------------|-----------|--|
| Section 6.1 Post Assessment |                        |                        |           |  |
| 6.1                         | Multimedia Lesson      | <i>Post Assessment</i> | n/a       |  |
| 6.1                         | Sprint/Online Links    | View Additional Links  | n/a       |  |
| 6.1                         | Team Huddle/Discussion | Fitness Improvements   | 5         |  |
| 6.1                         | Assignment             | Post Assessment        | 35        |  |
| 6.1                         | Assignment             | Weekly Fitness Log #14 | *Optional |  |

**% of Course Time:** Self-paced, to cover all topics in the outline from above

**Textbooks & Supplemental Materials:** Edgenuity lessons, supplemented by Cocalico Teachers of Record

**Assessments:** Edgenuity quizzes and tests, performance tasks

**Standards Addressed:** Contact the Online Learning Facilitator for a supplemental document from Edgenuity outlining any applicable PA Standards address in the course topics. Note that for some courses, there are no PA Standards which may exist.



**Eagle P.A.C.T. Course Connections:**

Online Learning courses help to prepare students for the diverse ways in which they will learn outside of school. The self-paced, independent nature of virtual courses also helps to develop important skills such as self-advocacy, time management, organization, study skills, and self-discipline. Such skills are needed for a successful future.