

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

**Department: Cocalico Connections      Course: Fitness Basics II (PE pt 2)      Grade Level: 6-8**

**Outline for the course:**

<b>Section</b>	<b>Type of Assignment</b>	<b>Assignment</b>	<b>Points Possible</b>	<b>Due Date</b>
<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: Fitness Assessment</b>				
1.1	Multimedia Lesson	<i>Personal Fitness Assessment</i>	n/a	
1.1	Multimedia Lesson	<i>Fitness Analysis</i>	n/a	
1.1	Sprint/Online Links	View Additional Links	n/a	
1.1	Team Huddle/Discussion	Improving Your Fitness	5	
1.1	Assignment	Fitness Assessment	20	
1.1	Quiz	Quiz 1.1	20	
<b>Section 1.2: FITT Principles</b>				
1.2	Multimedia Lesson	<i>Getting Started</i>	n/a	
1.2	Multimedia Lesson	<i>FITT Principles</i>	n/a	
1.2	Sprint/Online Links	View Additional Links	n/a	
1.2	Team Huddle/Discussion	Fitness Intensity	5	
1.2	Assignment	Create a Workout Schedule	20	
1.2	Quiz	Quiz 1.2	20	
1.2	Assignment	Weekly Fitness Log #1	45	
<b>Section 1.3: Movement &amp; Motion</b>				
1.3	Multimedia Lesson	<i>Motion</i>	n/a	
1.3	Multimedia Lesson	<i>Movement</i>	n/a	
1.3	Sprint/Online Links	View Additional Links	n/a	
1.3	Team Huddle/Discussion	Locomotor Skills	5	
1.3	Assignment	Analyze Movement & Motion	20	
1.3	Quiz	Quiz 1.3	20	

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1.3	Assignment	Weekly Fitness Log #2	45	
<b>UNIT 2: Safety &amp; Injuries</b>				
<b>Section 2.1: Exercise Safety</b>				
2.1	Multimedia Lesson	<i>Safety Guidelines</i>	n/a	
2.1	Multimedia Lesson	<i>Water Safety</i>	n/a	
2.1	Sprint/Online Links	View Additional Links	n/a	
2.1	Team Huddle/Discussion	Water Safety	5	
2.1	Assignment	Safety Guidelines	20	
2.1	Quiz	Quiz 2.1	20	
2.1	Assignment	Weekly Fitness Log #3	45	
<b>Section 2.2: Treating Injuries</b>				
2.2	Multimedia Lesson	<i>Muscle Soreness</i>	n/a	
2.2	Multimedia Lesson	<i>Treatment of Minor Injuries</i>	n/a	
2.2	Sprint/Online Links	View Additional Links	n/a	
2.2	Team Huddle/Discussion	Sore Muscles	5	
2.2	Assignment	Injury Survey	20	
2.2	Quiz	Quiz 2.1	20	
2.2	Assignment	Weekly Fitness Log #4	45	
	Email Checkpoint	Parent Verification #1	**	
	Assignment	Student Checkpoint #1	5	
<b>Section 2.3: Exercising in Extreme Temperatures</b>				
2.3	Multimedia Lesson	<i>Exercising in the Heat</i>	n/a	
2.3	Multimedia Lesson	<i>Exercising in the Cold</i>	n/a	
2.3	Sprint/Online Links	View Additional Links	n/a	
2.3	Team Huddle/Discussion	It's Hot Outside	5	
2.3	Assignment	Exercising in Heat and Cold	20	
2.3	Quiz	Quiz 2.3	20	
2.3	Assignment	Weekly Fitness Log #5	45	
<b>UNIT 3: SPORTS</b>				
<b>Section 3.1: Game Strategy</b>				
3.1	Multimedia Lesson	<i>Game Strategy</i>	n/a	
3.1	Sprint/Online Links	View Additional Links	n/a	
3.1	Team Huddle/Discussion	Sportsmanship	5	
3.1	Assignment	Create a Game	20	
3.1	Quiz	Quiz 3.1	20	
3.1	Assignment	Weekly Fitness Log #6	45	
<b>Section 3.2: Team Sports</b>				
3.2	Multimedia Lesson	<i>Intro to Team Sports I</i>	n/a	
3.2	Multimedia Lesson	<i>Intro to Team Sports II</i>	n/a	
3.2	Sprint/Online Links	View Additional Links	n/a	
3.2	Team Huddle/Discussion	Favorite Team Sport	5	

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3.2	Assignment	Sport Report	20	
3.2	Quiz	Quiz 3.2	20	
3.2	Assignment	Weekly Fitness Log #7	45	

<b>Section 3.3: Individual Sports</b>				
3.3	Multimedia Lesson	<i>Individual Sports I</i>	n/a	
3.3	Multimedia Lesson	<i>Individual Sports II</i>	n/a	
3.3	Sprint/Online Links	View Additional Links	n/a	
3.3	Team Huddle/Discussion	Team vs. Individual Sports	5	
3.3	Assignment	Multicultural Games	20	
3.3	Quiz	Quiz 3.3	20	
3.3	Assignment	Weekly Fitness Log #8	45	
	Email Checkpoint	Parent Verification #2	**	
	Assignment	Student Checkpoint #2	5	
<b>Section 3.4: Cross-Training</b>				
3.4	Multimedia Lesson	<i>Cross-Training</i>	n/a	
3.4	Sprint/Online Links	View Additional Links	n/a	
3.4	Team Huddle/Discussion	Benefits of Cross Training	5	
3.4	Assignment	Cross Training	20	
3.4	Quiz	Quiz 3.4	20	
3.4	Assignment	Weekly Fitness Log #9	45	
<b>UNIT 4: NUTRITION &amp; DRUGS</b>				
<b>Section 4.1: MyPlate</b>				
4.1	Multimedia Lesson	<i>MyPlate</i>	n/a	
4.1	Sprint/Online Links	View Additional Links	n/a	
4.1	Team Huddle/Discussion	You Are What You Eat	5	
4.1	Assignment	MyPlate Meals	20	
4.1	Quiz	Quiz 4.1	20	
4.1	Assignment	Weekly Fitness Log #10	45	
<b>Section 4.2: Dietary Guidelines</b>				
4.2	Multimedia Lesson	<i>Nutrition &amp; Exercise</i>	n/a	
4.2	Multimedia Lesson	<i>Intake &amp; Expenditure</i>	n/a	
4.2	Sprint/Online Links	View Additional Links	n/a	
4.2	Team Huddle/Discussion	Eating Carbohydrates	5	
4.2	Assignment	Food Diary	20	
4.2	Quiz	Quiz 4.2	20	
4.2	Assignment	Weekly Fitness Log #11	45	
<b>Section 4.3: Myths &amp; Misconceptions</b>				
4.3	Multimedia Lesson	<i>Myths &amp; Misconceptions</i>	n/a	
4.3	Sprint/Online Links	View Additional Links	n/a	
4.3	Team Huddle/Discussion	Healthy Size	5	

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4.3	Assignment	Fad Diets	20	
4.3	Quiz	Quiz 4.3	20	
4.3	Assignment	Weekly Fitness Log #12	45	
	Email Checkpoint	Parent Verification #3	**	
	Assignment	Student Checkpoint #3	5	
<b>Section 4.4: Drugs &amp; Exercise</b>				
4.4	Multimedia Lesson	<i>Drugs &amp; Exercise</i>	n/a	
4.4	Sprint/Online Links	View Additional Links	n/a	
4.4	Team Huddle/Discussion	Smoking & Exercise	5	
4.4	Assignment	Fallen Athlete	20	
4.4	Quiz	Quiz 4.4	20	
4.4	Assignment	Weekly Fitness Log #13	*Optional	
<b>UNIT 5: STAYING ACTIVE</b>				
<b>Section 5.1: Post Assessment</b>				
5.1	Multimedia Lesson	<i>Post Assessment</i>	n/a	
5.1	Multimedia Lesson	<i>Staying Active</i>	n/a	
5.1	Sprint/Online Links	View Additional Links	n/a	
5.1	Team Huddle/Discussion	Lifetime Activity	5	
5.1	Assignment	Post Assessment	35	
5.1	Quiz	Quiz 5.1	20	
5.1	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.

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### **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.