

## **2019-20 LIFETIME FITNESS (8th Grade)**

Hello and welcome to Pathfinder's physical education program. In Lifetime Fitness, 8th graders will be given the opportunity to engage in selected lifetime sports as well as relevant fitness and conditioning activities. Students will learn ways to improve and maintain core strength, upper body strength, flexibility and cardiovascular endurance. I will do my best to create an environment that is safe and nonthreatening, yet challenging. Students should feel uninhibited to perform at their own pace and/or capability. My hope is that everyone has a positive experience and learns the invaluable benefits exercise and sport has to offer for a lifetime.

### **WHAT WE WILL FOCUS ON THIS SEMESTER**

- Learn ways to improve, manage and maintain healthy fitness levels throughout life.
- Develop and increase flexibility, core and upper body strength, improve cardiovascular endurance.
- Develop skills and knowledge pertaining to selected lifetime sports and fitness activities.
- Develop a mindset that being physically active is important, and exercising should be a fun priority.

### **ACTIVITIES WE WILL EXPLORE**

Circuit Training Workouts  
Survivor Unit  
Cross Country / Hiking  
Cardio / Endurance Workouts

Water Workouts  
Race To Mackinaw  
Badminton  
Fitness Games

Intro. to Weight Lifting  
Volleyball  
Tennis  
Miscellaneous Fitness

### **WHAT WILL BE EXPECTED**

- Dress appropriately for P.E. every day (tennis shoes, shorts, sweats, t-shirt, etc.)
- Participate with effort each and every day
- Be on time to class each day
- Respect others and demonstrate good sportsmanship
- No gum, food or drink in the gymnasiums or locker rooms
- No unsupervised use of equipment
- No horseplay in the gymnasiums, locker room or adjacent hallways