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| **Q1** | **Core Standard Expectations** | **Middle School Guide** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques Describe proper dress and dress accordingly Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning  | Identify three components of an effective fitness program and describe appropriate exercises for each componentExplain the importance of a proper warm-up and perform proper warm-up exercisesExecute proper workouts focusing on the basic exerciseprinciples, the FITT formula and target heart rateComplete proper cool-down and explain the importanceCorrectly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning  | Self-Assessment of FitnessDevelop and implement a personal fitness plan  |
|  | Fitness and Conditioning  | Health Related Components of Fitness |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques Describe proper dress and dress accordingly Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning  | Identify three components of an effective fitness program and describe appropriate exercises for each componentExplain the importance of a proper warm-up and perform proper warm-up exercisesExecute proper workouts focusing on the basic exerciseprinciples, the FITT formula and target heart rateComplete proper cool-down and explain the importanceCorrectly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning  | Self-Assessment of FitnessDevelop and implement a personal fitness plan  |
|  | Fitness and Conditioning Skills  | Health Related Components of Fitness |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting  |
|  | Movement Concepts andPrinciples for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, LacrosseUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Movement Skills Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of invasion games |
|  | Fitness Skills Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting  |
|  | Movement Concepts andPrinciples for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, LacrosseUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Movement Skills Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of invasion games |
|  | Fitness Skills Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting  |
|  | Movement Concepts andPrinciples for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, LacrosseUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of invasion games |
|  | Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety  |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting  |
|  | Movement Concepts andPrinciples for Invasion Games | **Invasion games**: Basketball, Soccer, Speedball, Team handball, Ultimate Frisbee, Flag/touch football, Field/floor hockey, LacrosseUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Invasion Games | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of invasion games |
|  | Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Social Skills Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or HandballUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Movement SkillsMotor Skill Development for Net/Wall Games  | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Social Skills Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or HandballUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Movement SkillsMotor Skill Development for Net/Wall Games  | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 9 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Social Skills Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Net/Wall Games | **NET & WALL GAMES:** Volleyball, Badminton, Pickleball/paddleball, Table tennis, Tennis, or HandballUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Motor Skill Development for Net/Wall Games  | Demonstrate mature form for all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of net and wall games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| Q2 | Core Standard Expectations | **Middle School Guide** |
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| WEEK 1 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 2 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 3 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Individual and Dual Activities | **Individual & Dual activities**: Golf, Track and Field, Dance, Educational Gymnastics/Rhythmic Gymnastics Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance Develop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Individual and Dual Activities | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of individual and games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 4 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility for Fielding Games  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Fielding Games  | **FIELDING GAMES:** Kickball, Ragball, Softball, Whiffleball and CricketUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Motor Skill Development for Fielding Games  | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of fielding games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 5 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility for Fielding Games  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Fielding Games  | **FIELDING GAMES:** Kickball, Ragball, Softball, Whiffleball and CricketUse offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies  |
|  | Motor Skill Development for Fielding Games  | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of fielding games |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercises Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 6 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | *Movement Concepts and* Principles for Recreational Games | **RECREATIONAL GAMES:** Bowling, Croquet, Frisbee Golf, Horseshoes, Shuffleboard, and Tetherball Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance |
|  | Motor Skill Development for Recreational Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of recreational games |
|  | Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises (select several)Perform strength exercises (select several)Perform endurance exercises (select several)Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 7 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | *Movement Concepts and* Principles for Recreational Games | **RECREATIONAL GAMES:** Bowling, Croquet, Frisbee Golf, Horseshoes, Shuffleboard, and Tetherball Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performance |
|  | Motor Skill Development for Recreational Games | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of recreational games |
|  | Fitness and Conditioning Skills  | Perform basic stretching/flexibility exercises (select several)Perform strength exercises (select several)Perform endurance exercises (select several)Participate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| WEEK 8 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility  | Recognize that rules are designed to be fair and foster safe participation for allMake conscious decisions about applying rules, procedures, and etiquetteCooperate with peers, peers with disabilities, and those of different gender, race, and ethnicityModel appropriate personal and social behavior in physical activityWork cooperatively with a group to achieve group goals in competitive as well as cooperative settingsAnalyze potential consequences when confronted with a behavior choiceRespect the physical and performance limitations of self and others in cooperative as well as competitive setting |
|  | Movement Concepts and Principles for Cooperative Games  | **COOPERATIVE GAMES:** All-Run Games (Kickball, soccer, Frisbee, and softball) New Games (Kinball, Use offensive and defensive strategies while playing in game situation Identify and analyze the characteristics of highly skilled performanceDevelop and apply more advanced movement and game strategies |
|  | Motor Skill Development for Cooperative Games  | Demonstrate mature form of all basic manipulative, locomotor, and non-locomotor skillsUtilize knowledge, skills, and strategies to participate in a variety of sports and game activitiesShow increasing competence in more advanced specialized skillsDemonstrate competence in modified versions of a variety of movement formsCombine skills competently to participate in modified versions of “new games” |
|  | Fitness Skills  | Perform stretching/flexibility exercises Perform strength exercises Perform endurance exercisesParticipate in moderate to vigorous physical activity for a sustained period of time while maintaining a target heart rate |
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| Week 9 | Management Organization  | Rules, Procedures, and Routines Safety |
|  | Personal and Social Responsibility | Identify common injuries, prevention strategies, and appropriate first aid techniques Describe proper dress and dress accordingly Select appropriate equipment and use properly |
|  | *Movement Concepts and* Principles for Fitness and Conditioning  | Identify three components of an effective fitness program and describe appropriate exercises for each componentExplain the importance of a proper warm-up and perform proper warm-up exercisesExecute proper workouts focusing on the basic exerciseprinciples, the FITT formula and target heart rateComplete proper cool-down and explain the importanceCorrectly demonstrate and use various weight training techniques |
|  | Motor Skill Development for Fitness and Conditioning  | Self-Assessment of FitnessReevaluate and modify individual fitness plans  |
|  | Fitness and Conditioning  | Health Related Components of Fitness |