



HORNET TARGETS

“CAN I?”



HIGH SCHOOL FITNESS 2

Discover · Explore · Practice · Create

| Target # | Target | Can I?'s |
|-----------------|---|---|
| F2.1 | I CAN meet the healthy fit zone for at least 2 of 4 health-related fitness activities. | <ul style="list-style-type: none">• Meet the healthy fitness zone for push ups• Meet the healthy fitness zone for curl-up?• Meet the healthy fitness zone for sit and reach• Meet the healthy fitness zone for PACER |
| F2.2 | I CAN identify relationships between, physical activity, nutrition, and body composition. | <ul style="list-style-type: none">• Define physical activity• Define nutrition• Define body composition• Describe the relationships between physical activity, nutrition, and body composition. |
| F2.3 | I CAN access technology and social media as to help support a healthy, active lifestyle | <ul style="list-style-type: none">• Access fitness apps• Access nutrition apps• Analyze what technology would best support my individual health goals. |
| F2.4 | I CAN develop and maintain a fitness portfolio that includes assessment scores, goals, and a plan for improvement/reaching goals. | <ul style="list-style-type: none">• Track fitness assessment• Track progress toward goals• Develop relevant/individual fitness goals• Develop a fitness plan for improvement |
| F2.5 | I CAN create and use a personal nutrition plan to maintain appropriate energy balance for a healthy, active lifestyle. | <ul style="list-style-type: none">• Explain energy balance• Explain personal nutrition• Create a personal nutrition plan to maintain a healthy lifestyle |
| F2.6 | I CAN choose an appropriate level of challenge while participating in a self-selected physical activity | <ul style="list-style-type: none">• Choose the appropriate level to challenge yourself• Choose the appropriate physical activity to challenge yourself |