

## **Tentative Pacing Guide Personal Fitness**

### **QUARTER 1**

Muscle Identification and Function

Philosophy of CrossFit

Fitness Assessment Test

Learning correct fundamental movements: squat, push-up, sit-up, push press and lunge

Implementation of all fitness domains through a variety of WODS (work outs)

### **QUARTER 2**

Nutrition for performance (importance of food)

Pitfalls of “diets”

Implementation of all fitness domains through variety of WODS

Fitness challenge

Field Trip to CrossFit Gym

Student Led WODS

Final Fitness Assessment Test