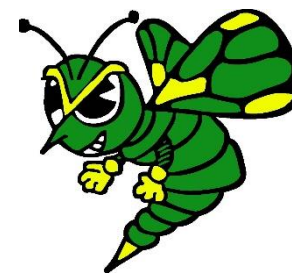# HORNET TARGETS
"CAN I?"

HIGH SCHOOL FITNESS

Discover · Explore · Practice · Create

Target #	Target	Can I?'s
F1.1	I CAN meet the healthy fit zone for at least 2 of 4 health-related fitness activities.	• Meet the healthy fitness zone for push ups • Meet the healthy fitness zone for curl-ups • Meet the healthy fitness zone for sit and reach • Meet the healthy fitness zone for PACER
F1.2	I CAN identify types of strength exercises and stretching exercises for personal fitness.	• Identify upper body strength exercises • Identify lower body strength exercises • Identify core strength exercises • Identify stretching exercise
F1.3	I CAN use individual heart rate data and self-monitor aerobic intensity.	• Meet the required minutes in the target heart rate zone during aerobic activities.
F1.4	I CAN calculate my target heart rate and use it to help inform personal fitness goals.	• Calculate maximum heart rate • Calculate percentages of maximum heart rate • Use my target heart rate to inform my personal fitness goals
F1.5	I CAN select a physical activity and analyze the health benefit.	• Analyze the health benefits of multiple physical activities • Analyze personal benefits of a self-selected physical activity
F1.6	I CAN explain "Rate of Perceived Exertion and Pacing" and apply that to a fitness activity.	• Explain RPE • Explain Pacing • Apply RPE to fitness activities