



Class Title: Orange / Red CardioCore!

Subjects Covered: Physical Education and Nutrition

Teacher Name: India Horton

Class Day: Monday and Friday

Class Size: 25

Overall Class Cost: \$20

Individual Student Supply Fee: \$20

Class Fee: \$192

Ages or color group served: Orange and Red

What level is this class: Level 2

Prerequisites: No prior fitness experience is required.

Students should:

Be willing to participate in physical activity and movement.

Come prepared to actively participate in each class.

Wear comfortable athletic clothing and appropriate athletic shoes.

Be able to safely participate in basic cardio, dance, boxing, kickboxing, Pilates, and core exercises.

Bring a water bottle to class.

Be willing to complete 1 hour of independent fitness at home each week and submit their PE Fitness Tracker every Monday.

Be willing to participate respectfully in a group fitness environment.

Graduation Requirements: Adhere to the HCU attendance and Homework Policies

Homework Requirements: Weekly homework assignments will be given throughout the course and will be due each Monday. Students are expected to complete and submit their assignments at the beginning of class.

Class Description:

CardioCore is a fun, high-energy, non-traditional PE workout class designed to help students build strength, endurance, coordination, flexibility, and confidence while developing healthy, lifelong fitness habits.

Students will participate in a variety of engaging workouts including dance, boxing, kickboxing, Pilates, core conditioning, stretching, and cardio-based exercises. Each class is designed to keep students moving and actively participating rather than focusing on traditional fitness testing.

Mondays will incorporate a Nutrition Focus, where students explore topics related to nutrients, vitamins, minerals, hydration, wellness, and healthy habits. As the course progresses, students will have opportunities to choose topics that interest them, conduct independent research, and practice their public speaking skills by presenting their findings to the class.

*Students will also be required to complete one hour of independent fitness at home each week. Their at-home fitness activity will be recorded on a PE Fitness Tracker and submitted every Monday.

Weekly homework assignments will be provided and will be due each Monday.

What Students Will Experience

- cardio-based workouts
- Boxing fundamentals and conditioning
- Kickboxing combinations and cardio
- Pilates and core strengthening
- Stretching and flexibility
- Weekly nutrition education
- Student-led nutrition research and presentations
- Independent at-home fitness
- PE activity tracking
- Public speaking and presentation practice

Floor exercise mats will be provided for students. Students should come prepared to participate in physical activity and wear comfortable athletic clothing and appropriate athletic shoes.

Students will be responsible to bring their floor mats every week.

CARDIO-CORE CLOTHING & WATER BOTTLE REQUIREMENTS

*****Athletic Clothing Required*****

Students are required to wear comfortable, appropriate athletic clothing that allows for unrestricted movement and participation in physical activity.

Recommended clothing includes:

- * Athletic shorts, leggings, joggers, or athletic pants

- * T-shirts, athletic shirts, or other comfortable workout tops
- * Supportive athletic shoes or sneakers
- * Clothing that is appropriate for bending, stretching, dancing, boxing, kickboxing, and floor exercises

Students are not permitted to wear jeans, dresses or skirts with no shorts under them, sandals, boots, or other restrictive or unsafe clothing during CardioCore.

****HCU Dress Code Policy fully enforced!****

****HCU Water Bottle Policy fully enforced!!****

Every student must bring a labeled, reusable water bottle to every CardioCore class. Because CardioCore is an active workout class, students are expected to come to class dressed to move and prepared to stay hydrated.

FRIDAY's:

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 1:

MONDAY:

CARDIOCORE KICKOFF

Nutrition: Hydration

Students learn:

- Why the body needs water
- Hydration and exercise
- Signs of dehydration
- Water vs. sugary drinks
- PE time tracker introduction

Begin with Stretching

Cardio and/or Boxing

Pilates/Core

End with stretching

Homework:

3-Day Hydration Challenge

Track water intake for three days and write one observation about how hydration affected energy or exercise.

Week 2:

MONDAY:

PROTEIN

Nutrition Focus: Protein & muscle recovery

Homework: "Protein Detective"

Students must:

Find 5 different foods that contain protein.

Record the foods.

Identify whether each food comes from an animal or plant source.

Choose one protein-rich food they would include in a meal.

Turn in: Protein Detective worksheet.

HOMEWORK: Complete 1 hour of independent fitness at home and record it on the PE Fitness Tracker.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 3:

MONDAY

CARBOHYDRATES

Nutrition Focus: Carbohydrates & energy

“Fuel for Fitness”

Students must:

HOMEWORK:

- List 10 foods that contain carbohydrates.

- List 3 foods you think could provide energy before physical activity.

Explain why they selected those foods.

- Complete 1 hour of independent fitness at home and record it on the PE Fitness Tracker.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 4:

MONDAY:

HEALTHY FATS!

Nutrition Focus: Understanding dietary fats

Homework: "Fat Facts"

Students must find 5 foods containing healthy fats.

For each food, record:

Food name

Where the fat comes from

How they could include it in a balanced meal

Challenge Question:

Why does your body need some fat?

HOMEWORK:

- Complete 1 hour of independent fitness at home and record it on the PE Fitness Tracker.

- Fat Facts worksheet.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 5:

MONDAY:

Nutrition Focus: Student-Led & Individualized

Beginning after the initial nutrition units, the remaining nutrition topics will be student-led and individualized based on the interests and direction of the class.

Each week, students will be provided with a new list of topics related to nutrients, vitamins, minerals, supplements, hydration, wellness, and other health-related subjects. Students will select a topic that interests them and independently research the subject throughout the week.

The following Monday, students will have the opportunity to practice their public speaking skills by presenting their research to the class on the CardioCore mini stage.

This approach allows students to take ownership of their learning while developing research, communication, confidence, and public speaking skills in an engaging and supportive environment.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 6:

MONDAY:

Nutrition Focus: Student-Led & Individualized

Beginning after the initial nutrition units, the remaining nutrition topics will be student-led and individualized based on the interests and direction of the class.

Each week, students will be provided with a new list of topics related to nutrients, vitamins, minerals, supplements, hydration, wellness, and other health-related subjects. Students will select a topic that interests them and independently research the subject throughout the week.

The following Monday, students will have the opportunity to practice their public speaking skills by presenting their research to the class on the CardioCore mini stage.

This approach allows students to take ownership of their learning while developing research, communication, confidence, and public speaking skills in an engaging and supportive environment.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching

Week 7- 12

MONDAY:

Nutrition Focus: Student-Led & Individualized

Starting week #7, the remaining nutrition topics will be student-led and individualized based on the interests and direction of the class.

Each week, students will be provided with a new list of topics related to nutrients, vitamins, minerals, supplements, hydration, wellness, and other health-related subjects. Students will select a topic that interests them and independently research the subject throughout the week.

The following Monday, students will have the opportunity to practice their public speaking skills by presenting their research to the class on the CardioCore mini stage.

This approach allows students to take ownership of their learning while developing research, communication, confidence, and public speaking skills in an engaging and supportive environment.

Begin with Stretching

Students rotate through:

 Boxing

 Kickboxing

 Core

 Pilates

 Cardio

End with stretching