

Cycle 1	27 Days	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
	Aug. 23 - Oct. 1, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 1: Conditioning/Safety</p> <p>This unit will focus on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies in a fun, personal challenge, participation, in a non-competitive atmosphere during aerobic activity.</p>	<p>11 class periods (90 min. each) or 22 class periods (45 min. each)</p> <p><i>Enrichment Opportunities</i> Aug. 2-13</p> <p><i>Teachers Report to Work</i> Aug. 16</p> <p><i>Teacher Service Days</i> Aug. 16-17, Aug. 19-20</p> <p><i>Teacher Prep Day (no students)</i> Aug. 18</p> <p><i>Labor Day</i> Sept. 6</p> <p><i>Fall Holiday</i> Sept. 16</p> <p><i>Teacher Service Day (no students)</i> Sept. 17</p>	<p>Conditioning/Safety (11 class periods) AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing. AA.1B Consistently performs skills, strategies, and rules at a basic level of competency. AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p> <p>Personal Fitness AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool. AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Character Development AA.5C Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice during aerobic activity. AA.3A Select and participates in aerobic activities that provide for enjoyment and challenge. AA.5B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>Nutrition AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities. AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity. AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities. AA.1B Consistently perform skills, strategies, and rules at a basic level of competency. AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>Technology AA.3G Select and use appropriate technology tools to evaluate, monitor, and improve physical development to including pedometers and heart monitors to assess fitness.</p>

Cycle 1	27 Days Aug. 23 - Oct. 1, 2021	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>AA.2A Use internal and external information to modify movement performance.</p> <p>Risky Behaviors</p> <p>AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>-----</p> <p><u>Strengthening Physical Activity-High Impact Aerobic Activity (11 class periods)</u></p> <p>Conditioning</p> <p>AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing.</p> <p>AA.1A Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.</p> <p>AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p> <p>Nutrition</p> <p>AA.3H.1 Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety</p> <p>AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities.</p> <p>AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity.</p> <p>AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>AA.1B Consistently perform skills, strategies, and rules at a basic level of competency.</p> <p>AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>Risky Behaviors</p> <p>AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

Cycle 2	29 Days	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
	Oct. 5 - Nov. 12, 2021	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 2: Personal Fitness/Skill Development/ Fitness Testing</p> <p>This unit will focus on students acquiring knowledge and skills necessary to participate in physical fitness and performance on the health-related skills testing utilizing the Fitness Gram standards.</p>	<p>12 class periods (90 min. each) or 24 class periods (45 min. each)</p> <p><i>Teacher Service Day (no students) Oct. 4</i></p>	<p>Physical Fitness Testing (12 class periods)</p> <p>Personal Fitness</p> <p>AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool.</p> <p>AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>Nutrition</p> <p>AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety</p> <p>AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities.</p> <p>AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity.</p> <p>AA.4C Explain why and how a rule provides safe practices in participation during aerobic activity.</p> <p>AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>Substance Abuse</p> <p>AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <hr/> <p>Personal Fitness/Skill Development (12 class periods)</p> <p>Conditioning/Skill Development</p> <p>AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing.</p> <p>AA.1A Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.</p> <p>AA.1B Consistently performs skills, strategies, and rules at a basic level of competency.</p> <p>AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p>

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Unit	# Class Periods	
	Oct. 5 - Nov. 12, 2021	<p>Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:</p> <p>Personal Fitness AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool. AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity. AA.3C Compare and contrast health and fitness benefits derived from participating in selected aerobic activities including weekly pedometer and heart monitor readings to evaluate progress. AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Nutrition AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities. AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity. AA.4C Explain why and how a rule provides safe practices in participation during aerobic activity. AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>Substance Abuse AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

Cycle 3	30 Days	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
	Nov. 15, 2021 - Jan. 14, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 3: Goal Setting and Designing a Personal Exercise Program</p> <p>This unit focuses on students establishing personal goals and designing a specific individual plan that provides enjoyment, challenges, self-expression and social interaction that can be used for a lifetime.</p>	<p>12 class periods (90 min. each) or 24 class periods (45 min. each)</p> <p><i>Thanksgiving Break</i> Nov. 22-26</p> <p><i>Enrichment Opportunities</i> Dec. 20-21</p> <p><i>Winter Break</i> Dec. 20-31</p> <p><i>MLK Jr. Day</i> Jan. 17</p> <p><i>Teacher Prep Day</i> (no students) Jan. 18</p>	<p><u>Goal Setting/Designing a Personal Exercise Program (12 class periods)</u></p> <p>Goal Setting AA.5A Evaluate personal skills and set realistic goals for improvement. AA.3D Establish realistic yet challenging health-related fitness goals. AA.3E Develop a personal fitness program that has the potential to provide identified goals for individual improvement.</p> <p>-----</p> <p><u>Personal Fitness/Skill Development (12 class periods)</u></p> <p>Personal Fitness AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool. AA.3C Compare and contrast health and fitness benefits derived from participating in selected aerobic activities including weekly pedometer and heart monitor readings to evaluate progress. AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Character Development AA.5C Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice during aerobic activity. AA.3A Select and participates in aerobic activities that provide for enjoyment and challenge. AA.5B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>Nutrition AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities. AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>Substance Abuse AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

Cycle 4	27 Days	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
	Jan. 19 - Feb. 25, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 4: Conditioning and Safety</p> <p>This unit will focus on conditioning for physical performance, fitness, flexibility and longevity to meet the physical demands of everyday life, including following rules and procedures designed to promote safe practices and prevention strategies in a fun, personal challenge, participation, in a non-competitive atmosphere during aerobic activity.</p>	<p>11 class periods (90 min. each) or 22 class periods (45 min. each)</p> <p><i>Teacher Service Day/Presidents' Day (no students) Feb. 21</i></p>	<p>Conditioning/Safety (11 class periods)</p> <p>AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing.</p> <p>AA.1B Consistently performs skills, strategies, and rules at a basic level of competency.</p> <p>AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p> <p>Personal Fitness</p> <p>AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool.</p> <p>AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Character Development</p> <p>AA.5C Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice during aerobic activity.</p> <p>AA.3A Select and participates in aerobic activities that provide for enjoyment and challenge.</p> <p>AA.5B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>Nutrition</p> <p>AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety</p> <p>AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities.</p> <p>AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity.</p> <p>AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>AA.1B Consistently perform skills, strategies, and rules at a basic level of competency.</p> <p>AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p>

Cycle 4	27 Days Jan. 19 - Feb. 25, 2022	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>Technology AA.3G Select and use appropriate technology tools to evaluate, monitor, and improve physical development to including pedometers and heart monitors to assess fitness. AA.2A Use internal and external information to modify movement performance.</p> <p>Risky Behaviors AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>-----</p> <p>Strengthening Physical Activity - High Impact Aerobic Activity (11 Class periods) AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing. AA.1A Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics. AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p> <p>Nutrition AA.3H.1 Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities. AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity. AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities. AA.1B Consistently perform skills, strategies, and rules at a basic level of competency. AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>Risky Behaviors AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity. AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

Cycle 5	33 Days Feb. 28 - Apr. 22, 2022	The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 5: Personal Fitness/Skill Development/Fitness Testing</p> <p>This unit will focus on students acquiring knowledge and skills necessary to participate in physical fitness and performance on the health-related skills testing utilizing the Fitness Gram standards.</p>	<p>13 class periods (90 min. each) or 26 class periods (45 min. each)</p> <p><i>Enrichment Opportunities Mar. 14-16</i></p> <p><i>Spring Break Mar. 14-18</i></p> <p><i>Chávez-Huerta Day Mar. 28</i></p> <p><i>Spring Holiday Apr. 15</i></p>	<p>Physical Fitness Testing (13 class periods)</p> <p>AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool.</p> <p>AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>Nutrition</p> <p>AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety</p> <p>AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities.</p> <p>AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity.</p> <p>AA.4C Explain why and how a rule provides safe practices in participation during aerobic activity.</p> <p>AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>Substance Abuse</p> <p>AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <hr/> <p>Personal Fitness/Skill Development (13 Class periods)</p> <p>AA.2C Develop an appropriate conditioning program for the selected activity including jump roping, aerobic stations, walking, running, swimming and dancing.</p> <p>AA.1A Exhibit a level of competency in two or more aerobic activities that may include aerobic dance, aqua aerobics, cycling, jogging, power walking, recreational dance, and step aerobics.</p> <p>AA.1B Consistently performs skills, strategies, and rules at a basic level of competency.</p> <p>AA.2D Identify correctly the critical elements for successful performance within the context of the activity.</p>

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	Feb. 28 - Apr. 22, 2022	
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
		<p>Personal Fitness</p> <p>AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool.</p> <p>AA.2B Describe appropriate practices and procedures to improve skill and strategy in an activity.</p> <p>AA.3C Compare and contrast health and fitness benefits derived from participating in selected aerobic activities including weekly pedometer and heart monitor readings to evaluate progress.</p> <p>AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Nutrition</p> <p>AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety</p> <p>AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities.</p> <p>AA.4B Identify and apply rules and procedures that are designed for safe participation during an aerobic activity.</p> <p>AA.4C Explain why and how a rule provides safe practices in participation during aerobic activity.</p> <p>AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p> <p>Substance Abuse</p> <p>AA.3H Explain the detrimental effects of substance abuse on physical performance including steroids and other performance enhancing drugs on personal health and performance in aerobic activity.</p> <p>AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>

Cycle 6	31 Days Apr. 25 – June 7, 2022	<i>The recommended number of class periods is less than the number of days in the grading cycle to accommodate differentiated instruction, extended learning time, and assessment days. Complete instructional planning information and support are in the HISD Curriculum documents.</i>
Unit	# Class Periods	Texas Essential Knowledge and Skills/Student Expectations (TEKS/SEs) The student will:
<p>Unit 6: Goal Setting/ Designing a Personal Exercise Program</p> <p>This unit focuses on students establishing personal goals and designing a specific individual plan that provides enjoyment, challenges, self-expression and social interaction that can be used for a lifetime.</p>	<p>13 class periods (90 min. each) or 26 class periods (45 min. each)</p> <p><i>Memorial Day May 30</i></p> <p><i>Teacher Prep Day (no students) June 8</i></p>	<p>Goal Setting/Designing a Personal Exercise Program (11 Class periods) AA.5A Evaluate personal skills and set realistic goals for improvement. AA.3D Establish realistic yet challenging health-related fitness goals. AA.3E Develop a personal fitness program that has the potential to provide identified goals for individual improvement.</p> <hr/> <p>Personal Fitness (11 Class periods) AA.3B Evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body compositions using the FitnessGram as a measuring tool. AA.3C Compare and contrast health and fitness benefits derived from participating in selected aerobic activities including weekly pedometer and heart monitor readings to evaluate progress. AA.3F Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardiorespiratory endurance including criteria from the FitnessGram.</p> <p>Character Development AA.5C Accept successes and performance limitations of self and others, exhibit appropriate behavior/responses, and recognize that improvement is possible with appropriate practice during aerobic activity. AA.3A Select and participates in aerobic activities that provide for enjoyment and challenge. AA.5B Respond to challenges, successes, and failures in physical activities in socially appropriate ways.</p> <p>Nutrition AA.3H Analyze the relationship between nutritional practices and physical activity.</p> <p>Safety AA.4A Evaluate risks and safety factors that may affect aerobic activity preferences throughout the life span including attire weather conditions, equipment and age appropriate activities. AA.4D Describe equipment and practices that decrease the likelihood of injury including proper attire during aerobic activity.</p> <p>Substance Abuse AA.5D Anticipate potentially dangerous consequences of participating in selected aerobic activities.</p>