

# Unit 5: PT- Walking/Jogging/Cross Country

Content Area: **Physical Education and Health**  
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**  
Time Period: **January**  
Length: **15 blocks**  
Status: **Published**

## Enduring Understandings

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Performing movement skills in a technically correct manner improves overall performances and increases the likelihood of participation in lifelong physical activity.

Understand fitness concepts and skills and integrating them into your everyday routine supports wellness.

## Essential Questions

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In what ways can you evaluate your fitness level by running or walking distances?

How is running/Power walking a cardiovascular activity?

What does it mean to be physically fit?

What is the minimal amount of exercise I can do to stay physically fit?

How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

## Content

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Cardiovascular, carotid artery, Working heart range, quadriceps, calf muscles, aerobic,

## Skills

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Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

## Resources

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Stop watch, track, treadmill, elliptical machine

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs, <https://www.njrotc.navy.mil/curriculum.html>

## Standards

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- 0xHPE.2.5.12 All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
- 0xHPE.2.5.12.A Movement Skills and Concepts
  - 0xHPE.2.5.12.A.2 Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
- 0xHPE.2.5.12.B Strategy
  - 0xHPE.2.5.12.B.3 Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
- 0xHPE.2.6.12.A Fitness and Physical Activity
  - 0xHPE.2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.
  - 0xHPE.2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals. (FITT and additional training principles)
  - 0xHPE.2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.