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

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

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

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

Skills

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

Resources

Stop watch, track, treadmill, elitptical 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

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.