Physical Fitness Testing

Content Area: **Physical Education and Health**
Course(s): **Phys Ed 6, Phys Ed 7, Phys Ed 8**
Time Period: **April**
Length: **4 Weeks**
Status: **Published**

Transfer

Cooperation, Work Ethic, Skill Development, Physical Fitness

Enduring Understandings

Lifetime fitness depends upon understanding how each fitness component is developed and measured and how to design and implement a personal fitness plan that supports a healthy, active lifestyle.

Essential Questions

How do I improve my cardiovascular fitness, muscular strength, and muscular endurance?

How does effective and appropriate movement affect wellness?

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

Content

Physical Fitness, Circuit, Health-Related Fitness, Cardiovascular Fitness, Muscular Strength, Muscular Endurance, Pulse, Resting Heart Rate, Maximum Heart Rate, Target Heart Rate, Aerobic, Anaerobic

Learning Objectives

Name the core skills and the type of fitness being measured.

Understand the principles, components and practices of health-related physical fitness.

Set fitness goals

Develop sportsmanship

Discuss dedication and commitment

Physical Skills

Meet or exceed criterion-referenced health-related physical fitness standards.

- Muscular endurance
- Muscular strength
- Flexibility
- Agility
- Speed
- Cardiovascular endurance

Resources

Stop Watch

Cones

Pull Up/Chin Up Bar

Wooden Block (For Push-ups)

Measuring Tape (For Flexibility)

Standards

HPE.2.1.8.A.1	Assess and apply Health Data to enhance each dimension of personal wellness.
HPE.2.1.8.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
HPE.2.2.8.B.CS1	Every health-related decision has short- and long-term consequences and affects the

	ability to reach health goals.
HPE.2.5.6.B.3	Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.
HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.5.8.A.3	Create, explain, and demonstrate, as a small group, a planned movement sequence that includes changes in rhythm, tempo, and musical style (creative, cultural, social, and fitness dance).
HPE.2.5.8.A.4	Detect, analyze, and correct errors and apply to refine movement skills.
HPE.2.5.8.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.8.B.1	Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.
HPE.2.5.8.B.2	Assess the effectiveness of specific mental strategies applied to improve performance.
HPE.2.5.8.C.1	Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.
HPE.2.5.8.C.3	Analyze the impact of different world cultures on present-day games, sports, and dance.
HPE.2.5.8.C.CS2	Movement activities provide a timeless opportunity to connect with people around the world.
HPE.2.6.8.A	Fitness and Physical Activity
HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
HPE.2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
HPE.2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
HPE.2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
HPE.2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
HPE.2.6.8.A.CS1	Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.