Unit 1 Preliminary Fitness

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **September**
Length: **4 weeks**
Status: **Published**

Enduring Understandings

Fitness is an important component of overall well being.

Fitness levels need to be practiced and maintained or it they will diminish over time.

Fitness goals help people stay healthy and stay motivated.

Essential Questions

How does fitness, or alack of fitness affect my life?

What do I need to do to maintain or improve my fitness level?

What is the purpose of keeping fitness goals? How do I know what goals are best to set?

Skills

Various fitness related skills.

Appropriate goal setting.

Recognition of the impact physical fitness has on the body, mind and social skills.

An understanding on how to address any deficits in physical fitness.

Standards

HPE.2.6.4	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.4.A	Fitness and Physical Activity
HPE.2.6.4.A.1	Determine the physical, social, emotional, and intellectual benefits of regular physical activity.
HPE.2.6.4.A.2	Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.
HPE.2.6.4.A.3	Develop a health-related fitness goal and track progress using health/fitness indicators.
HPE.2.6.4.A.4	Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.

Assessments

Striking positions and follow through
Formative: Other Evidence:Other: Teacher Observation