Unit 01: Physical Wellbeing

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Week 1**
Length: **1 Weeks**
Status: **Published**

Unit Overview

Students' heights and weights will be measured. These records will be used over the course of the students' school career to track their physical growth. Students will understand what it means to grow physically and the factors that influence growth. They will explore the reasons for lifelong fitness and how exercise is one factor that helps one to maintain a healthy weight.

Standards

HPE.2.1.2.A.1	Explain what being “well” means and identify self-care practices that support wellness.
HPE.2.1.2.A.2	Use correct terminology to identify body parts, and explain how body parts work together to support wellness.
HPE.2.2.2.B.4	Select a personal health goal and explain why setting is important.

Essential Questions

1. What affects the way that I grow?

2. How can keeping track of my height and weight help to keep me fit?

3. Why is fitness important?

Application of Knowledge and Skills...

Students will know that...

- 1. accurate records of height and weight will help to provide a record of physical fitness.
- 2. exercise contributes to a healthy body weight.

Students will be able to...

- A. Measure their height and weight accurately.
- B. Explain why exercise is important to maintaining a healthy weight.
- C. Explain why one's height and weight should be kept personal and confidential.

Assessments

- Diagnostic assessment: Fitness Pre-Test - Using a rubric, students will be pre-assessed to determine levels of flexibility. 2.1.2.A.2 2.2.2.B.4
- Summative assessment: With guidance from the teacher, students will express their personal fitness goals. 2.1.2.A.1 2.1.2.A.2 2.2.2.B.4

Activities

- Measurement Activity: Students will be measured and weighed individually. Their height will be recorded in feet and inches and their weight will be recorded in pounds.

Activities to Differentiate Instruction

Differentiation for special education:

- General modifications may include:
    - Modifications & accommodations as listed in the student's IEP
    - Assign a peer to help keep student on task
    - Modified or reduced assignments
    - Reduce length of assignment for different mode of delivery
    - Increase one-to-one time
    - Working contract between you and student at risk
    - Prioritize tasks
    - Think in concrete terms and provide hands-on-tasks
    - Position student near helping peer or have quick access to teacher
    - Anticipate where needs will be
    - Break tests down in smaller increments
- Content specific modifications may include:
    - Students will be given one-on-one instruction/consultation by the teacher.
    - To help generate goal ideas, the teacher will provide age-appropriate examples from the National Fitness Standards.

Differentiation for ELL's:

- General modifications may include:

    - Strategy groups
    - Teacher conferences
    - Graphic organizers
    - Modification plan
    - Collaboration with ELL Teacher
- Content specific vocabulary important for ELL students to understand include: height, weight, feet, inches, pounds, ounces

Differentiation to extend learning for gifted students may include:

- fitness goals are individualized to students' particular needs and strengths and therefore highly differentiated.

Integrated/Cross-Disciplinary Instruction

Math - integrate concepts of different types of measurement (height versus weight)

Resources

- Scales to measure height and weight
- National Fitness Standards
- Growth charts

21st Century Skills

CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP3.1	Career-ready individuals understand the relationship between personal health, workplace performance and personal well-being; they act on that understanding to regularly practice healthy diet, exercise and mental health activities. Career-ready individuals also take regular action to contribute to their personal financial well-being, understanding that personal financial security provides the peace of mind required to contribute more fully to their own career success.