Unit 09: Fitness

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **Week 23**
Length: **3 Weeks**
Status: **Published**

Unit Overview

Students will participate in various fitness activities and exercises designed to target flexibility, strength, and endurance. Students will learn the terms and definitions for a variety of fitness components.. The unit will consist of individual and team activities designed to strengthen muscles and cardiovascular system.

Standards

HPE.2.1.2.A.2	Use correct terminology to identify body parts, and explain how body parts work together to support wellness.
HPE.2.1.2.A.CS1	Health-enhancing behaviors contribute to wellness.
HPE.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.2.A.2	Demonstrate changes in time, force, and flow while moving in personal and general space at different levels, directions, ranges, and pathways.
HPE.2.5.2.A.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HPE.2.5.2.B.1	Differentiate when to use competitive and cooperative strategies in games, sports, and other movement activities.
HPE.2.5.2.B.2	Explain the difference between offense and defense.
HPE.2.5.2.B.3	Determine how attitude impacts physical performance.
HPE.2.5.2.B.4	Demonstrate strategies that enable team and group members to achieve goals.
HPE.2.5.2.B.CS1	Teamwork consists of effective communication and other interactions between team members.
HPE.2.5.2.C.1	Explain what it means to demonstrate good sportsmanship.
HPE.2.5.2.C.2	Demonstrate appropriate behaviors and safety rules and explain how they contribute to moving safely during basic activities.
HPE.2.5.2.C.CS1	Practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
HPE.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.
HPE.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
HPE.2.6.2.A.3	Develop a fitness goal and monitor progress towards achievement of the goal.
HPE.2.6.2.A.CS1	Appropriate types and amounts of physical activity enhance personal health.

Essential Questions

1. What does it mean to be physically fit?

2. What parts of one's body work during fitness activities?

3. Why is physical fitness important?

Application of Knowledge and Skills...

Students will know that...

- 1. that various types of warm up and cool down activities help prevent muscle tightness during strength and endurance activities.
- 2. which parts of the body are strengthened during various physical activities and the benefits of the fitness.

Students will be able to...

- A. Perform exercises such as push-ups, sit-ups, jumping jacks, mountain climbers, and line jumps using proper form.
- B. Properly follow and complete a fitness circuit.
- C. Safely move in a large group when participating in endurance activities.
- D. Continuously engage in moderate to vigorous physical activity.

Assessments

- Fitness Pre-Test: Students will identify and give examples of different muscles in the body that are worked most often/intensely during physical activity. 2.1.2.A.2 2.5.2.A.1 2.5.2.A.2 2.5.2.B.1 2.5.2.B.2 2.5.2.B.3 2.5.2.B.4 2.5.2.C.1 2.5.2.C.2 2.6.2.A.1 2.6.2.A.2 2.6.2.A.3
- Physical Fitness Test: A fitness test in which students perform a designated number of fitness activities (sit-ups, push-ups, jumping jacks, etc.) 2.1.2.A.2 2.5.2.A.1 2.5.2.A.2 2.5.2.B.1 2.5.2.B.2 2.5.2.B.3 2.5.2.B.4 2.5.2.C.1 2.5.2.C.2 2.6.2.A.1 2.6.2.A.2 2.6.2.A.3

Activities

- Stretching Exercises: A series of exercises to stretch key muscles.
- Fitness Circuit: In small groups, students will perform fitness exercises, such as sit-ups, push-ups, mountain climbers, squats, etc.

- Sharks and Surfers: A tag game in which students must run to different mats to avoid the students who are sharks. Students who are tagged become sharks.
- Four-Corner Fitness: A game of four corners, in which students must run to a different corner as fast as they can on a given command.
- Fitness Games: A series of activities, including wonder ball, card sharks, calorie busters, shopping cart, and hideout, that promote healthy living and physical fitness.

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 having difficulty will be encouraged to complete each exercise at their own pace and to focus on proper form rather than on the number of repetitions.

Differentiation for ELL's:

- General modifications may include:
  - Integrate activities into thematic units
  - tap the student's prior knowledge and experience, which may be different from other students in the class
  - teach learning strategies and scaffold complex texts
  - organize students into a variety of learning groups
  - Collaboration with ELL Teacher
- Content specific vocabulary important for ELL students to understand include: push-ups, sit-ups, jumping jacks, mountain climbers, and line jumps

Differentiation to extend learning for gifted students may include:

Integrated/Cross-Disciplinary Instruction

Health connection: heart rate and breathing as it relates to fitness; muscles

Resources

- PEcentral.org
- Teachphysed.com
- Teacher-created handouts, activities, and lessons
- Gym mats and noodles

21st Century Skills

CRP.K-12.CRP2.1	Career-ready individuals readily access and use the knowledge and skills acquired through experience and education to be more productive. They make connections between abstract concepts with real-world applications, and they make correct insights about when it is appropriate to apply the use of an academic skill in a workplace situation.
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.
CRP.K-12.CRP4.1	Career-ready individuals communicate thoughts, ideas, and action plans with clarity, whether using written, verbal, and/or visual methods. They communicate in the workplace with clarity and purpose to make maximum use of their own and others' time. They are excellent writers; they master conventions, word choice, and organization, and use effective tone and presentation skills to articulate ideas. They are skilled at interacting with others; they are active listeners and speak clearly and with purpose. Career-ready individuals think about the audience for their communication and prepare accordingly to ensure the desired outcome.