

Unit 8: Fitness and Physical Activity

Content Area: **Unified Arts**
Course(s): **Physical Education 1**
Time Period: **April**
Length: **10 Days**
Status: **Published**

Enduring Understandings

Students will understand that...

- physical activity is important to maintain a healthy well-being.

Application

Students will be able to independently use their learning to...

- participate in fitness and physical activity in order to maintain a healthy lifestyle.
- follow basic activity and safety rules while engaging physical activity.

Skills

Students will be skilled at...

- engaging in regular physical activity.
- making healthy choices, despite outside influences, in order to achieve and maintain wellness goals.

Resources

- Kidz Bop Music (iTunes)
- PE Central (www.pecentral.org)
- Prior Teacher Knowledge
- Teacher Created Rubric