

# Unit 4: Fitness Testing

Content Area: **Unified Arts**  
Course(s): **Physical Education 2**  
Time Period: **November**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

---

In this unit, students will learn the rules and skills necessary to be successful in these fitness challenges. This unit will focus on how to perform each fitness challenge and how the improvement of individual fitness skills lead to a healthier lifestyle and an improved Physical Education experience.

## Student Learning Objectives

---

Students will learn...

- the rules and skills necessary to be successful in these fitness challenges.
- how to perform in these fitness challenges.
- why it is important to see how quickly one can change directions.

## Essential Questions

---

- What information do I need to know and what skills will I need to develop to be successful in the shuttle run?
- What information do I need to know and what skills will I need to develop to be successful in sit ups and the three minute run?
- How will the improvement of individual fitness skills lead to a healthier lifestyle and an improved Physical Education experience?

## Enduring Understandings

---

Students will understand that...

- it is important to lead a healthy lifestyle.
- fitness challenges are important to assess growth in individual fitness skills.

## Application

---

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

- lead a healthy lifestyle.
- improve the physical education experience.
- follow the rules and display skills necessary to complete a fitness challenge.

## **Skills**

---

Students will be skilled at...

- following the rules and displaying skills necessary to be successful in the shuttle run.
- following the rules and displaying skills necessary to be successful in three minute run.
- performing a proper sit up.

## **Resources**

---

- PE Central ([www.pecentral.org](http://www.pecentral.org))
- Prior Teacher Knowledge
- Teacher Created Spreadsheet