

# Unit 8: Fitness and Physical Activity

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

## Enduring Understandings

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Students will understand that...

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

## Application

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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

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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

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- Kidz Bop Music (iTunes)
- PE Central ([www.pecentral.org](http://www.pecentral.org))
- Prior Teacher Knowledge
- Teacher Created Rubric