

Unit 2 - Physical Wellness

Content Area: **Unified Arts**
Course(s): **Health 7**
Time Period: **September**
Length: **10 Days**
Status: **Published**

Unit Summary

Standards

HPE.2.6.8.A	Fitness and Physical Activity
HPE.2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
CAEP.9.2.8.B.2	Develop a Personalized Student Learning Plan with the assistance of an adult mentor that includes information about career areas of interest, goals and an educational plan.
CAEP.9.2.8.B.3	Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.
TECH.8.1.8.A.CS1	Understand and use technology systems.
TECH.8.1.8.A.CS2	Select and use applications effectively and productively.
TECH.8.1.8.D.CS1	Advocate and practice safe, legal, and responsible use of information and technology.
TECH.8.1.8.D.CS2	Demonstrate personal responsibility for lifelong learning.

Student Learning Objectives

- Student will learn the ability to exercise the core abdominal area of the body.
- Student will learn the seven exercises to strengthen one's abdominal core, lower body strength, upper body strength, and cardiovascular system.
- Student will learn the seven stretches to maintain a flexible body for a lifetime.

Essential Questions

- What activities are available for every individual to stay active for a lifetime?

Enduring Understandings

- Students will understand that an important part of living a long, healthy life is to stay physical active.

Application

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

Skills

Students will be skilled at:

- Developing abdominal muscle strength.
- Developing lower body muscle strength.
- Developing upper body muscle strength.
- Developing cardiovascular fitness.
- Developing muscle flexibility.