

# Unit 1 - Fitness

Content Area: **Unified Arts**  
Course(s): **Physical Education 7**  
Time Period: **September**  
Length: **10 days**  
Status: **Published**

## Unit Summary

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The fitness unit is a unit made up of 10 lessons. Each lesson addresses one or two health related components of a fitness program; muscular strength and endurance, cardio and respiratory endurance, body composition, flexibility, and emotional and psychological wellbeing. The unit can be taught in sections and in between units.

## Standards

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HPE.2.6.8.A.1	Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.
HPE.2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
HPE.2.6.8.A.3	Analyze how medical and technological advances impact personal fitness.
HPE.2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
HPE.2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.
HPE.2.6.8.A.6	Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.
HPE.2.6.8.A.CS1	Knowing and applying a variety of effective training principles over time enhances personal fitness level, performance, and health status.
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.CS2	Demonstrate personal responsibility for lifelong learning.

## Student Learning Objectives

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- Students will learn the components of fitness.
- Students will learn an activity or exercise for each component.
- Students will learn that for each exercise or activity they must use proper technique and form.
- Students will learn that for each exercise or activity they must create awareness of safety.
- Students will learn how to design an individualized program OR group activity addressing a specific goal.

## Essential Questions

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- What information is needed to begin, maintain and/or specifically tailor a fitness program for an individual at any age?
- Where and how is this information gained?

## Enduring Understandings

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- Students will understand that physical activity is essential for health benefits and the prevention of lifestyle diseases.

## Application

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- Students will be able to independently use their learning to design a physical fitness program that meets their specific and individualized needs.

## Skills

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Students will be skilled at:

- Selecting exercises that fit each component.
- Performing exercises with proper technique, and knowing what muscles/body system are affected.
- Identifying the health (both physical and mental) related benefits of being physically active.