

# Unit 2 - Fitness

Content Area: **Unified Arts**  
Course(s): **Health 8**  
Time Period: **October**  
Length: **10 Days**  
Status: **Published**

## Unit Summary

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### 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.1	Demonstrate knowledge of a real world problem using digital tools.
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....

### Essential Questions

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- How can you increase and/or maintain your level of physical fitness?

## **Enduring Understandings**

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

## **Application**

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- Students will be able to independently use their learning to create their own gym.

## **Skills**

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Students will be skilled at:

- Utilizing essential elements of a fitness program such as warm-up, activity, and cool down.