

# Unit 3: Fitness 4

Content Area: **Unified Arts**  
Course(s): **Physical Education 4**  
Time Period: **September**  
Length: **16-26 classes**  
Status: **Published**

## Unit Summary

Fitness is considered to be a lifelong activity. There are many ways for students to incorporate fitness into their daily lives now and in the future. Various age-appropriate fitness components, activities, and games are introduced during this unit for students to participate throughout the school year and years to come.

## Standards

HE.3-5.2.2.5.LF.1	Explain the need to engage in physical activities on a voluntary basis for emotional and physical enjoyment.
HE.3-5.2.2.5.LF.2	Develop a movement vocabulary that is flexible and adaptable for personal physical activity and wellness.
HE.3-5.2.2.5.LF.3	Proactively engage in movement and physical activity for enjoyment individually or with others.
HE.3-5.2.2.5.LF.4	Perform and increase the range of motion in dynamic stretching and breathing exercises (e.g., dynamic cardiovascular warm-up exercises, martial arts, aerobics, yoga).
HE.3-5.2.2.5.LF.5	Describe how community resources could be used to support participation in a variety of physical activities, sports and wellness.
HE.3-5.2.2.5.PF.1	Identify the physical, social, emotional, and intellectual benefits of regular physical activity that effect personal health.
HE.3-5.2.2.5.PF.3	Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).
HE.3-5.2.2.5.PF.5	Determine how different factors influence personal fitness and other healthy lifestyle choices (e.g., heredity, physical activity, nutrition, sleep, technology).
HE.3-5.2.2.5.MSC.1	Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).
HE.3-5.2.2.5.MSC.4	Develop the necessary body control to improve stability and balance during movement and physical activity.  The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

## Learning Objectives

Students will learn to:

- practice and demonstrate the method of pacing during warm up laps, mile run, and pacer test.
- demonstrate proper form for various exercises throughout the unit.
- develop fitness activity variations to use outside of school.
- determine correct and safe ways to exercise in order to prevent injury.

- work towards a given individual fitness goal.

## Essential Questions

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Why is fitness important?

How does your fitness level affect your quality of life?

Why is it important to set individual fitness goals?

## Enduring Understandings

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Students will understand that:

- fitness and physical activity are essential to help you stay healthy in the present and the future.
- it is important for students to do exercises using proper form and to have fun when being physically active.
- fitness does not have to be boring and can be incorporated throughout life as games.

## Application

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Students will be able to independently use their learning to create lifelong fitness goals and find activities they enjoy to keep them physical active throughout their lives.

## Skills

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Students will be skilled at:

- running with proper form.
- performing proper techniques for exercises.
- practicing pacing.
- working towards individual fitness goals.
- developing lower body muscle strength.
- developing cardiovascular fitness.
- developing muscle flexibility.

