

Unit 3: Fitness 5

Content Area: **Unified Arts**
Course(s): **Physical Education 5**
Time Period: **October**
Length: **Ongoing**
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

Student 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 an individual fitness goal.

Essential Questions

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

The 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

The students will be able to independently use their learning to

- create lifelong fitness goals.
- find activities they enjoy to keep them physical active throughout their lives.

Skills

Students will be skilled at:

- running with proper form.
- performing Proper Techniques for exercises.
- pacing.
- working towards Individual Fitness Goal.
- analyzing different fitness activities.
- developing Lower Body Muscle Strength.
- developing Cardiovascular Fitness.
- developing Muscle Flexibility.