

# Unit 3: Fitness 5

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

## Unit Summary

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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

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## Student Learning Objectives

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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

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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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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

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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

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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.