

K-2 Unit # 2: Wellness (K-2)

Content Area: **Phys. Ed.**
Course(s): **Generic Course**
Time Period: **Generic Time Period**
Length: **30**
Status: **Published**

Established Goals/Standards

Please choose the appropriate Goals/Standards from the Standards tab above.

HE.K-2.2.1.2.A	Personal Growth and Development
HE.K-2.2.1.2.B	Nutrition
HE.K-2.2.5.2.C	Sportsmanship, Rules, and Safety
HE.K-2.2.6.2	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Essential Questions

Please add your Essential Questions by clicking on the Lists tab above.

- How do I develop an appropriate personal fitness program and find the motivation to commit to it?
- How do you realize age-appropriate fitness?
- What causes optimal growth and development?
- What is the minimum amount of exercise I can do to stay physically fit?
- What makes a food healthy?
- Why do I have to show good sportsmanship and follow the rules when others do not?

Enduring Understanding

Please add your Enduring Understandings by clicking on the Lists tab above.

- An individual's health at different life stages is dependent on heredity, environmental factors and lifestyle choices.
- Developing and implementing a program that utilizes appropriate training principles is necessary for lifetime fitness.
- In order for all participants and spectators to experience the maximum benefit from games and sports, everyone must demonstrate knowledge and commitment to sportsmanship, rules and safety guidelines.
- Ongoing feedback and assessment is necessary in determining the effectiveness of a personal fitness program.
- There are many short and long term health benefits and risks associated with nutritional choices.
- Understanding fitness concepts and skills and integrating them into your everyday routine supports wellness. ☐ Physical fitness is the ability of your whole body to work together efficiently to be able to do the most work with least amount of effort.

Content

- Describe how outside factors influence decision making in regards to setting a fitness goal. 2 (2.6.2.A.3, 2.2.2.B.3)
- Determine how participation in regular physical activity may help to prevent common health conditions (diabetes, high blood pressure, etc.) 2 (2.6.2.A.1, 2.1.2.C.1)
- Determine why making healthier food choices influences long term wellness goals. 2 (2.6.2.A.3, 2.1.2.B.1)
- Develop a fitness goal and monitor how it might affect one's overall wellness. 2 (2.6.2.A.3, 2.2.2.B.2, 2.2.2.B.4)
- Explain how a safe environment encourages continued participation in physical activity. 1 (2.6.2.A.1, 2.5.2.C.2)
- Explain how healthy food choices relate to personal wellness. 1 (2.6.2.A.1, 2.1.2.B.1)
- Explain how one's decisions to be active can have a direct impact on the way they feel. K (2.2.2.B.2)
- Explain how regular physical activity contributes to being "well". K (2.6.2.A.1, 2.1.2.A.1)
- Explain what it means to be physically fit and how moderate to vigorous physical activity aids in the achievement of obtaining wellness goals. 1 (2.6.2.A.2, 2.6.2.A.3, 2.2.2.B.4)
- Identify foods that promote a healthy lifestyle. K (2.1.2.B.1)
- Identify the basic safety rules that should be applied when participating in any movement activity. K (2.5.2.C.2)
- Recognize how one's feelings can impact the progress toward the achievement of a wellness goal. 1 (2.6.2.A.3, 2.2.2.C.3)

Resources

Please add your Resources by clicking on the Lists tab above.

- PE websites
- State DOE Website
- Teacher Guides and Activity books