

# **Unit 5 - Fitness Copied from: PE 9, Copied on: 12/15/21**

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## **Title Section**

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## **Department of Curriculum and Instruction**



**Belleville Public Schools**

**Curriculum Guide**

# **Comprehensive Health and Physical Education, Grade 9**

## **Unit 5 - Fitness**

**Belleville Board of Education**

**54 Ralph Street**

**Belleville, NJ 07109**

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Board Approved: September 23, 2019

## **Unit Overview**

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This unit will focus on knowledge and understanding of physical activity, physical fitness, and wellness. Students will develop the skills necessary to measure their own fitness and physical activity. Students will also maintain regular participation in physical activity and analyze and evaluate their level of involvement in physical activity. This unit will provide students the opportunity to develop healthy habits and gain value and appreciation of the importance of healthy habits throughout life. The students are also required to research and teach a workout style to their peers. Students will take part in mediation, breathing exercises and yoga.

This unit was developed around:

- Cardiovascular endurance
- Muscular strength and endurance
- Body composition
- Flexibility
- Mindfulness

## **Enduring Understanding**

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- Students will have an understanding of which exercises improve what part of the body/movements.
- Students will understand why lifetime wellness is so important.
- Students will determine what style of exercise fits best for them and how to perform that style correctly.
- Students will demonstrate their understanding of different workout styles.
- Students will understand how environment, lifestyles, and culture impact fitness.
- Students will understand how to evaluate fitness level.
- Students will understand proper etiquette when in fitness facilities.

## **Essential Questions**

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- What fitness activities are available to me as I get older?
- How does yoga improve my flexibility?
- How does meditation improve mindfulness and mental health?
- Why is it important to remain fit throughout a lifetime?
- How does safety impact wellness?
- How does nutrition play a role in performance?
- How does hydration play a role in performance?
- How can I include physical fitness in my life?
- How is heart rate a good indicator of fitness level?
- How does weight training impact body composition?
- How does fitness and yoga help to relieve stress?
- How does flexibility impact wellness?
- What are the different styles of exercise?
- How does physical activity affect your ability to concentrate on academics?
- What can I do to be physically active throughout my life?

## Exit Skills

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- Engage in lifetime physical activities of sufficient intensity and duration to maximize health benefits.
- Understand why it is important to develop and maintain adequate levels of physical activity/fitness.
- Develop knowledge base and skills necessary to plan and execute personal activity programs.

## New Jersey Student Learning Standards (NJSL)

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HE.2.2.12	Physical Wellness
HE.9-12.2.1.12.CHSS.7	Describe how individuals and local, state, and global advocacy organizations can collaborate to address common local and global health and social issues (e.g., hunger, clean water, organ/tissue donation).
HE.9-12.2.1.12.CHSS.8	Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.
HE.9-12.2.2.12.PF	Physical Fitness
HE.9-12.2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
HE.9-12.2.2.12.MSC	Movement Skills and Concepts
HE.9-12.2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
HE.9-12.2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
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HE.9-12.2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
HE.9-12.2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.  Individual and team execution requires interaction, respect, effort, and positive attitude.  Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).  Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-

expression, enjoyment, and emotional satisfaction.

The quality of feedback from others, self-assessment as well as effort and repetition influences movement skills, concepts, and performance.

Local, state, and global advocacy organizations provide accurate and reliable resources and strategies designed to address common health and social issues.

## Interdisciplinary Connections

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LA.W.9-10.1	Write arguments to support claims in an analysis of substantive topics or texts, using valid reasoning and relevant and sufficient evidence.
LA.W.9-10.2	Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.
LA.SL.9-10.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with peers on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
LA.SL.9-10.4	Present information, findings, and supporting evidence clearly, concisely, and logically. The content, organization, development, and style are appropriate to task, purpose, and audience.
LA.L.9-10.1	Demonstrate command of the conventions of standard English grammar and usage when writing or speaking.
LA.L.9-10.2	Demonstrate command of the conventions of standard English capitalization, punctuation, and spelling when writing.
LA.L.9-10.2.C	Spell correctly.

## Learning Objectives

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- SWDAT understand how to move safely in a general space to avoid injury.
- SWDAT explain how to improve physical fitness.
- SWDAT Create a list of activities that builds fitness.
- SWDAT Create a fitness routine that supports wellness.
- SWDAT Identify health benefits of physical fitness.
- SWDAT Demonstrate stretching to target specified target muscle groups.
- SWDAT Demonstrate an understanding of health-related fitness components.
- SWDAT Define agility.
- SWDAT Demonstrate basic skills associated with yoga activities including strength and flexibility, balance and coordination.

**Action Verbs:** Below are examples of action verbs associated with each level of the Revised Bloom's Taxonomy.

<b>Remember</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Create</b>
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Choose	Classify	Choose	Categorize	Appraise	Combine
Describe	Defend	Dramatize	Classify	Judge	Compose
Define	Demonstrate	Explain	Compare	Criticize	Construct
Label	Distinguish	Generalize	Differentiate	Defend	Design
List	Explain	Judge	Distinguish	Compare	Develop
Locate	Express	Organize	Identify	Assess	Formulate
Match	Extend	Paint	Infer	Conclude	Hypothesize
Memorize	Give Examples	Prepare	Point out	Contrast	Invent
Name	Illustrate	Produce	Select	Critique	Make
Omit	Indicate	Select	Subdivide	Determine	Originate
Recite	Interrelate	Show	Survey	Grade	Organize
Select	Interpret	Sketch	Arrange	Justify	Plan
State	Infer	Solve	Breakdown	Measure	Produce
Count	Match	Use	Combine	Rank	Role Play
Draw	Paraphrase	Add	Detect	Rate	Drive
Outline	Represent	Calculate	Diagram	Support	Devise
Point	Restate	Change	Discriminate	Test	Generate
Quote	Rewrite	Classify	Illustrate		Integrate
Recall	Select	Complete	Outline		Prescribe
Recognize	Show	Compute	Point out		Propose
Repeat	Summarize	Discover	Separate		Reconstruct
Reproduce	Tell	Divide			Revise
	Translate	Examine			Rewrite
	Associate	Graph			Transform
	Compute	Interpolate			
	Convert	Manipulate			
	Discuss	Modify			
	Estimate	Operate			
	Extrapolate	Subtract			
	Generalize				
	Predict				



## **Suggested Activities & Best Practices**

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- Breathing Exercises
- Static Stretching
- Dynamic Stretching
- Free Weights (with spotter)
- Body Weight Exercises
- Cardiovascular Exercises
- Yoga
- Historical Athlete Project (Amistad, LGBTQ)
- Field Impact Analysis (Climate Change)

## **Assessment Evidence - Checking for Understanding (CFU)**

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- Quarterly Exam - summative assessment
- Current Event Assignments - alternative assessment
- Multimedia Reports - formative assessment
- Written Reports - summative assessment
- Surveys - formative assessment
- Evaluation rubrics - Sport Ed - formative assessment
- Self- assessments - alternative assessment
- Teacher Observation Checklist - formative assessment
- Explaining - formative assessment
- Youtube Video Analysis - formative assessment

## **Primary Resources & Materials**

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- Yoga Mats
- Kettlebells, barbells, bars
- Jump Boxes
- Medicine Balls
- Cardio Machines
- Jump Ropes
- Ladders

## **Ancillary Resources**

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- Quarterly Exam Review Sheets
- Quarterly Exam
- Current Events Worksheet
- Medical Writing Assignment
- Fitness Packet

- Yoga Packet
- Exercise Diagrams and Descriptions
- Muscle groups Worksheet

## **Technology Infusion**

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- Youtube Videos (skills, drills, history, etc.)
- P.E. Google Classroom (Rules, Assignments, Information, Announcements, etc.)
- Chromebooks (Assignments, Current Events, Quarterly, Etc.)



## **Alignment to 21st Century Skills & Technology**

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WRK.9.2.12.CAP

Career Awareness and Planning

TECH.9.4.12.CT

Critical Thinking and Problem-solving

Laws govern many aspects of computing, such as privacy, data, property, information, and identity. These laws can have beneficial and harmful effects, such as expediting or delaying advancements in computing and protecting or infringing upon people's rights.

An individual's income and benefit needs and financial plan can change over time.

Career planning requires purposeful planning based on research, self-knowledge, and informed choices.

Securing an income involve an understanding of the costs and time in preparing for a career field, interview and negotiation skills, job searches, resume development, prior experience, and vesting and retirement plans.

## **21st Century Skills/Interdisciplinary Themes**

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-Communication & Collaboration

-Life and Career Skills

-Critical Thinking and problem solving

- Communication and Collaboration
- Creativity and Innovation
- Critical thinking and Problem Solving
- Information Literacy
- Life and Career Skills
- Media Literacy

## **21st Century Skills**

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-Global Awareness

-Health Literacy

- Civic Literacy
- Global Awareness
- Health Literacy

## Differentiation

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### Differentiations:

- Diagrams of workouts/exercises
- Pictures of muscle groups being utilized
- Demonstrations of workouts and stretches
- Videos of workout routines
- Pictures of Yoga Poses
- Small group instruction
- Small group assignments
- Extra time to complete assignments
- Pairing oral instruction with visuals
- Repeat directions
- Use manipulatives
- Center-based instruction
- Token economy
- Study guides
- Teacher reads assessments allowed
- Scheduled breaks
- Rephrase written directions
- Multisensory approaches
- Additional time
- Preview vocabulary
- Preview content & concepts
- Story guides
- Behavior management plan
- Highlight text
- Student(s) work with assigned partner
- Visual presentation
- Assistive technology
- Auditory presentations
- Large print edition
- Dictation to scribe
- Small group setting

### Hi-Prep Differentiations:

- Alternative formative and summative assessments
- Choice boards
- Games and tournaments
- Group investigations
- Guided Reading
- Independent research and projects
- Interest groups
- Learning contracts
- Leveled rubrics
- Literature circles

- Multiple intelligence options
- Multiple texts
- Personal agendas
- Project-based learning
- Problem-based learning
- Stations/centers
- Think-Tac-Toes
- Tiered activities/assignments
- Tiered products
- Varying organizers for instructions

#### **Lo-Prep Differentiations**

- Fitness Journal
- Nutrition Journal
- Student-led fitness groups
- Choice of books or activities
- Cubing activities
- Exploration by interest
- Flexible grouping
- Goal setting with students
- Jigsaw
- Mini workshops to re-teach or extend skills
- Open-ended activities
- Think-Pair-Share
- Reading buddies
- Varied journal prompts
- Varied supplemental materials

### **Special Education Learning (IEP's & 504's)**

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- Use Visuals such as video clips and pictures
- Preview of content, concepts and vocabulary
- Have student repeat directions to check for understanding

- printed copy of board work/notes provided
- additional time for skill mastery

- Allow frequent water breaks
- assistive technology
- behavior management plan
- Center-Based Instruction
- check work frequently for understanding
- computer or electronic device utilizes
- extended time on tests/ quizzes
- have student repeat directions to check for understanding
- highlighted text visual presentation
- modified assignment format
- modified test content
- modified test format
- modified test length
- multi-sensory presentation
- multiple test sessions
- preferential seating
- preview of content, concepts, and vocabulary
- Provide modifications as dictated in the student's IEP/504 plan
- Provide videos as guidance for proper form
- Provide visuals of exercises/workouts
- reduced/shortened reading assignments
- Reduced/shortened written assignments
- secure attention before giving instruction/directions
- shortened assignments
- student working with an assigned partner
- teacher initiated weekly assignment sheet
- Use open book, study guides, test prototypes

## **English Language Learning (ELL)**

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-Glencoe Comprehensive Health and Human Sexuality Translated Materials

-Partner Work with a translator

- teaching key aspects of a topic. Eliminate nonessential information
- using videos, illustrations, pictures, and drawings to explain or clarify

- allowing products (projects, timelines, demonstrations, models, drawings, dioramas, poster boards, charts, graphs, slide shows, videos, etc.) to demonstrate student's learning;
- allowing students to correct errors (looking for understanding)
- allowing the use of note cards or open-book during testing
- decreasing the amount of work presented or required
- Glencoe Comprehensive Health and Physical Education Virtual Textbook - translated videos
- having peers take notes or providing a copy of the teacher's notes
- modifying tests to reflect selected objectives
- providing study guides
- reducing or omitting lengthy outside reading assignments
- reducing the number of answer choices on a multiple choice test
- Translated exercise/workout routines
- tutoring by peers
- using computer word processing spell check and grammar check features
- using true/false, matching, or fill in the blank tests in lieu of essay tests

## **At Risk**

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-Use PowerPoint in conjunction with notes

-tutoring by peers

-providing study guides

- allowing students to correct errors (looking for understanding)
- teaching key aspects of a topic. Eliminate nonessential information
- allowing products (projects, timelines, demonstrations, models, drawings, dioramas, poster boards, charts, graphs, slide shows, videos, etc.) to demonstrate student's learning
- allowing students to select from given choices
- allowing the use of note cards or open-book during testing
- collaborating (general education teacher and specialist) to modify vocabulary, omit or modify items to reflect objectives for the student, eliminate sections of the test, and determine how the grade will be determined prior to giving the test.
- decreasing the amount of work presented or required
- having peers take notes or providing a copy of the teacher's notes
- marking students' correct and acceptable work, not the mistakes
- modifying tests to reflect selected objectives
- pictures and diagrams of exercises and muscle groups targeted
- providing study guides
- reducing or omitting lengthy outside reading assignments
- reducing the number of answer choices on a multiple choice test
- small student-led fitness groups

- tutoring by peers
- using authentic assessments with real-life problem-solving
- using true/false, matching, or fill in the blank tests in lieu of essay tests
- using videos, illustrations, pictures, and drawings to explain or clarify
- videos of workouts to show proper form

## **Talented and Gifted Learning (T&G)**

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- Create campaigns to demonstrate advocacy

-Advance problem-solving

-Above grade level placement option for qualified students

- Above grade level placement option for qualified students
- Advanced problem-solving
- Allow students to work at a faster pace
- Cluster grouping
- Complete activities aligned with above grade level text using Benchmark results
- Create a blog or social media page about their unit
- Create a detailed fitness and nutrition plan
- Create a plan to solve an issue presented in the class or in a text
- Create instructional workout video
- Debate issues with research to support arguments
- Flexible skill grouping within a class or across grade level for rigor
- Higher order, critical & creative thinking skills, and discovery
- Multi-disciplinary unit and/or project
- Student-led fitness groups - student act as the trainer
- Teacher-selected instructional strategies that are focused to provide challenge, engagement, and growth opportunities
- Utilize exploratory connections to higher-grade concepts
- Utilize project-based learning for greater depth of knowledge

## **Sample Lesson**

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**Unit Name:** Weight training/Fitness

**NJSLS:** (linked)

**Interdisciplinary Connection:** language arts literacy

**Statement of Objective:**

- SWDAT Create and demonstrate a fitness routine focusing on upper body strength.

- SWDAT Explain which muscle groups are targeted during each exercise.

**Anticipatory Set/Do Now:** 5 minute jog, stretches

**Learning Activity:** Teacher will review weight room safety. Students will break up into their groups and the "trainer:" of the day will demonstrate a work out routine for their group as the group follows along with the exercises. Students will write down the exercises and muscle groups in their fitness logs.

**Student Assessment/CFU's:** individual fitness logs and fitness routines

**Materials:** weight room equipment, fitness room equipment, fitness logs, fitness plans

**21st Century Themes and Skills:** health literacy

**Differentiation:** by process

**Integration of Technology:** Pedometers, Youtube clips, Google Classroom

HE.2.2.12	Physical Wellness
HE.9-12.2.2.12.LF	Lifelong Fitness
HE.9-12.2.2.12.LF.1	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
HE.9-12.2.2.12.PF	Physical Fitness
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