Unit 07: Fitness

Content Area: **Health and Physical Education**
Course(s):
Time Period: **Marking Period 1**
Length: **3-4 Weeks**
Status: **Published**

Brief Summary of Unit

The aim of the physical fitness unit is to develop the knowledge and skills necessary to participate in physical activity on a daily basis. This unit will develop the knowledge of the affects and benefits in all components of fitness: muscular strength, muscular endurance, flexibility, cardiovascular endurance and body composition.This unit will also implement technology to improve physical fitness. Students will be assessed to determine improvement through pre and post fitness testing.

Standards

2.1.2	Personal and Mental Health
2.2.2	Physical Wellness
2.2.2.PF	Physical Fitness
2.2.2.LF	Lifelong Fitness

Transfer

Essential Questions

- How can fitness be measured?
- How do you find your pulse, target heart rate, maximum heart rate, and BMI?
- How does one develop an appropriate personal fitness program and find the motivation to commit to it?
- What are daily activities that can improve lifelong fitness?
- What health benefits are associated with regular exercise?
- What personal fitness goals do you have and how can they be achieved?

Essential Understandings

- both cardiovascular and strength fitness must be equally utilized in order to maintain overall health.
- both the mind and body benefit from physical fitness.
- different muscles and body systems are utilized in all sports and physical activities.

- physical fitness is a lifelong activity that promotes good health.
- setting goals is an important aspect of physical fitness.

Students Will Know

- how physical fitness improves all aspects of health.
- how to create a personal fitness plan.
- how to determine BMI and heart rate.
- key terms: cardiovascular, endurance, heart, lungs, respiratory system, aerobic, anaerobic, strength, flexibility, body composition, BMI, stretching, muscles, heart rate, pulse, Fitnessgram testing, resistance bands, dumbbells, medicine balls, BOSU (Both Sides Up) balls, pedometers, heart rate monitors.
- the components of physical fitness.
- the muscles used in different fitness exercises and activities.
- types of physical activities that promote and improve strength, flexibility, and endurance.

Students Will Be Skilled At

Evidence/Performance Tasks

- act respectfully and follow all safety rules and regulations.
- answer the essential questions.
- be observed as to their ability to properly complete all exercises as taught in class.
- complete a written test on physical fitness.
- complete several different physical fitness tests.
- follow safety precautions at all times.
- participate in a variety of different fitness activities.
- record the results of different fitness activities and set personal goals.

Learning Plan

- Administer physical fitness tests and set goals for post testing.
- Encourage students to keep a personal daily/weekly fitness log.
- Explain and describe the health benefits associated with a physically active lifestyle.
- Introduce the concepts of fitness such as heart rate, pulse, cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.
- Make students aware of essential safety considerations.
- Model, demonstrate, and discuss proper exercise techniques.

- Observe and evaluate for reinforcement of skills and steps.
- Provide students will data, feedback, and results of their physical fitness tests.

Materials

Suggested Strategies for Modifications

- Explanation and demonstration through kinesthetic, visual, and auditory strategies
- Students having difficulty will be encouraged to seek assistance from a peer or teacher for additional support.