

# Unit 01: Introduction to Physical Education

Content Area: **Health and Physical Education**  
Course(s):  
Time Period: **Marking Period 1**  
Length: **1 Week**  
Status: **Published**

## Brief Summary of Unit

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This unit will introduce students to the Physical Education program and provide students with the rules, regulations, procedures, safety precautions, and proper attire required for class.

## Standards

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|------------------|------------------------------|
| HE.K-2.2.1.2.EH  | Emotional Health             |
| HE.K-2.2.2.2     | Physical Wellness            |
| HE.K-2.2.2.2.LF  | Lifelong Fitness             |
| HE.K-2.2.2.2.PF  | Physical Fitness             |
| HE.K-2.2.2.2.MSC | Movement Skills and Concepts |
| HE.K-2.2.3.2     | Safety                       |

## Transfer

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## Essential Questions

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- • What are the benefits to having rules and how can they affect your safety in Physical Education?
- • What are the rules, procedures, and proper attire for Physical Education class?
- • Why are policies and procedures essential to learning in a school environment?

## Essential Understandings

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- • safety rules and regulations are in place to create a safe, comfortable, and productive learning environment.
- • they are expected to behave in a safe and proper manner while in Physical Education class.

## Students Will Know

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- • the reasons why following policies and procedures make for a safe and productive learning

environment.

- • the rules, procedures, and proper attire for Physical Education.

## **Students Will Be Skilled At**

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## **Evidence/Performance Tasks**

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- • answer the essential questions.
- • be able to state the rules and regulations of Physical Education class.
- • come prepared with the proper gym attire.
- • participate in all class activities.

## **Learning Plan**

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- • Demonstration of skills
- • Explanation of skills
- • Individualized Instruction
- • Practicing of skills

## **Materials**

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## **Suggested Strategies for Modifications**

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<https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=s>  
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