Unit 03: Physical Activity

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

Brief Summary of Unit

The ability to understand and incorporate wellness practices into one's daily living is vital to the well-being of our students and directly correlates to their optimal overall health. Effective health practices provide students with the potential for success when choosing a career and allow for the pursuit of any career interest. When taking this course, students develop their understanding of the interrelationship between wellness, overall well-being and success.

Students will learn and understand that physical activity and fitness benefits all aspects of health. Students will learn about the various activities and exercises that can help increase and maintain overall health. Students will also learn the importance of taking safety precautions when engaging in physical activity. Students will participate in various activities which will allow them to learn and apply knowledge of physical activity to personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

2.1 Mental Health: Emotional and Social Wellness

Personal Growth and Development

Responsible actions regarding behavior can impact the development and health of oneself and others.

- 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health

2.2 Physical Wellness

Physical Fitness

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

- 2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity.
- 2.2.8.PF.2: Recognize and involve others of all ability levels into a physical activity.
- 2.2.8.PF.3: Execute the primary principals of training (FITT) and technology for the purpose of

modifying personal levels of fitness (e.g., pedometers, heart rate monitors, health tracking systems, wearable technology, virtual classes, exergames).
- 2.2.8. PF.4: Implement and assess the effectiveness of a fitness plan based on health data, the assessment of one's personal fitness levels and monitor health/fitness indicators before, during, and after the workout program.
- 2.2.8.PF.5: Use evidence to predict how factors such as health status, body composition, interests, environmental conditions, healthy eating, anabolic steroids, physical activity, and lifestyle behaviors impact personal fitness and health.

Lifelong Fitness

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness.

- 2.2.8.LF.1: Develop and build an effective movement and physical fitness vocabulary for self, peers, and family members that can enhance wellness.
- 2.2.8.LF.2: Explain the importance of assuming responsibility for personal health behaviors through physical activity throughout one’s lifetime.
- 2.2.8.LF.3: Explore by leading self and others to experience and participate in different cultures' physical fitness activities.
- 2.2.8.LF.4: Identify and recognize factors that generate positive emotions from participating in movement and physical fitness activities.
- 2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthen,

Community resources can provide participation in physical activity for self and family members.

- 2.2.8.LF.6: Develop a strategy to overcome barriers that allows for a visit in the community that promotes physical activities.
- 2.2.8.LF.7: Evaluate personal attributes as they relate to career options in physical activity and health professions.

Interdisciplinary connections across content areas

- LA.WHST.6-8.2.D - Use precise language and domain-specific vocabulary to inform about or explain the topic.
- LA.WHST.6-8.4 - Produce clear and coherent writing in which the development, organization, voice, and style are appropriate to task, purpose, and audience.
- LA.WHST.11-12.6 - Use technology, including the Internet, to produce, share, and update writing products in response to ongoing feedback, including new arguments or information.

Inclusion of the Career Ready Practice Standards

- CRP.K-12.CRP4: Communicate clearly and effectively and with reason.

Integration of 21st Century Skills through NJSLS 9

- CAEP.9.2.8.B.3: Evaluate communication, collaboration, and leadership skills that can be developed through school, home, work, and extracurricular activities for use in a career.

Integration of Technology Standards through the NJSLS

TECH.8.1.8.A.3: Use and/or develop a simulation that provides an environment to solve a real world problem or theory.

Transfer

Essential Questions

- How does effective and appropriate movement affect wellness?
- How does being physically fit help your mental well-being?
- What impact does an inactive lifestyle have on individuals throughout their life?
- How do the components of fitness impact the overall health of a person?

Essential Understandings

- physical fitness benefits all aspects of health.
- they should be engaged in physical activity for at least 60 minutes per day.
- creating a personal fitness plan can help in achieving fitness goals.
- stretching and cooling down is an important part of physical activity.
- preventative measures can be taken during physical activity to ensure safety.

Students Will Know

- the health benefits of regular physical activity.
- the elements of physical fitness.
- the main types of exercises.
- the amount of physical activity necessary to maintain good health.
- how to develop a fitness plan.

- proper techniques of stretching and cooling down.

Students Will Be Skilled At

- key terms and concepts, including: fitness, endurance, stamina, strength, flexibility, exercise, aerobic, anaerobic, body composition, heart rate, warm up, cool down, dehydration, heat exhaustion.
- Developing fitness goals and plan
- Assessing activities and their contributions to physical fitness and health**.**

Evidence/Performance Tasks

When taking a Physical Education or Health course, students demonstrate differentiated abilities to answer the essential questions and meet course objectives through formative and summative assessments. Evidence of progression in answering the essential questions and meeting course objectives demonstrates the development of proficiency over time. The performance tasks below are implemented as benchmark assessments and, based on individual student readiness and performance, can be implemented as formative and/or summative assessments. Student proficiency allows for additional or alternative assessment based on demonstration or absence of skill.

participate in class activities designed to enhance knowledge of the importance of physical activity and its relation to health and wellness.

act respectfully and follow the rules.

complete homework, group work, quizzes, tests, and projects that will evaluate understanding of the health benefits of regular exercise, elements of physical fitness, the main types of exercise, the amount of physical activity necessary, how to develop a personal fitness plan, and proper stretching techniques.

apply knowledge of the benefits of physical fitness to one's own personal life.

develop personal health and fitness goals in order to improve overall health and wellness.

answer the essential questions.

Learning Plan

- Introduce the unit: physical activity and its relation to overall health and wellness.
- Discuss key terms and concepts including: fitness, endurance, stamina, strength, flexibility, exercise, aerobic, anaerobic, body composition, heart rate, warm up, cool down, dehydration, heat exhaustion.
- Apply knowledge of the importance of physical activity and fitness to one's own life.

- Review of all material covered pertaining to physical activity.
- Assess understanding through class participation, class work, projects, group work, quizzes and tests in order to assess understanding of health benefits of regular exercise, elements of physical fitness, the main types of exercise, the amount of physical activity necessary, how to develop a personal fitness plan, and proper stretching techniques.

Materials

Google classroom/ technology access

Projector

Construction paper

Markers

Course videos

Handouts

Associated web content and media sources are infused into the unit as applicable and available

In addition the materials above, the link connects to district approved textbooks and resources utilized in this course

CORE BOOK LIST

The materials used in this course allow for integration of a variety of instructional, supplemental, and intervention materials that support student learners at all levels in the school and home environment.

Suggested Strategies for Modifications

https://docs.google.com/spreadsheets/d/1JN3XzsuRVs09JoqKayEQYWUZt4rJdwqQ3rQI5jqs5C4/edit?usp=sharing