Unit 04: Physical Activity and Fitness

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 skills necessary for improving physical, mental/emotional, and social health in order to achieve overall wellness. Students will learn about health risks, decision making, setting goals, and building good character. Students will learn ways to apply knowledge gained to their own personal life.

Revision Date: July 2020

Standards

By the end of Grade 8:

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.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 can goal-setting influence personal fitness levels?
- 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

- being physically active improves overall health and wellness.
- it is important to take care of the body systems in order to maintain overall health.
- creating a fitness plan is beneficial in achieving fitness goals.
- individual and team sports are good ways to build character and self esteem.
- it is important to take the proper steps to prevent injury during physical activity.

Students Will Know

- how to develop a personal fitness plan.
- how certain performance enhancing drugs or supplements can negatively affect the body.
- how to use protective gear in sports to prevent injury.
- how to prevent and treat injuries during physical activity.

Students Will Be Skilled At

- key terms and concepts, including: fitness, exercise, endurance, cardiovascular, strength, flexibility, body composition, aerobic, anaerobic, skeletal system, joints, tendons, ligaments, cartilage, muscular system, circulatory system, arteries, veins, capillaries, pulmonary circulation, systematic circulation, blood pressure, warm up, cool down, frequency, intensity, target heart rate, anabolic steroids,

dehydration, conditioning, overworking, sprain, tendonitis, dislocation, fracture, stress fracture. The benefits of physical activity.
- ways to increase strength, endurance, and flexibility.
- the importance of fitness testing and assessment.
- the functions of the skeletal, muscular, and circulatory systems.
- strategies to take care of the body systems.

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 that improve knowledge of: the benefits of physical activity, better health, stronger body, maintaining a healthy body composition, improving self-confidence, building and maintain the different body systems, and preventing injury.
- act respectfully and follow all school and class rules.
- create personal fitness plan to improve different components of physical fitness including: muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body mass index.
- complete a diagram labeling the different parts and functions of the skeletal, muscular, and circulatory systems.
- identify ways that regular physical activity can benefit overall health and wellness.
- develop personal health goals to improve results in fitness testing.
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Introduce the physical fitness unit and concepts including: cardiovascular endurance, muscular strength, muscular endurance, flexibility, body mass index, aerobic exercise, anaerobic exercise, muscular system, circulatory system, skeletal system, ligaments, and cartilage.
- Discuss key terms and concepts: fitness, exercise, endurance, cardiovascular, strength, flexibility, body composition, aerobic, anaerobic, skeletal system, joints, tendons, ligaments, cartilage, muscular system, circulatory system, arteries, veins, capillaries, pulmonary circulation, systematic circulation, blood pressure, warm up, cool down, frequency, intensity, target heart rate, anabolic steroids, dehydration, conditioning, overworking, sprain, tendonitis, dislocation, fracture, stress fracture.
- Identify the five different components of physical fitness.
- Identify the benefits of regular activity to one’s personal life.

- Discuss reasons for engaging in life-long physical activity.
- Create a personal fitness plan.

Review of all material covered including: becoming physically fit, exploring skeletal, muscular, circulatory systems, creating personal fitness plans, weight training and sport, preventing physical activity injuries.

Materials

Laptops

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 environments

Suggested Strategies for Modifications

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