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 the physical, mental, and social benefits of physical activity, along with the components of physical fitness. Students will also learn about the skeletal, muscular, and circulatory systems. Students will learn how to develop a fitness plan, and ways to prevent injuries during physical activity. Students will learn ways to apply knowledge gained during the unit to their own personal life.

Revision Date: July 2020

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

- in order to maintain good health, physical fitness must become a lifelong activity.
- physical fitness improves all aspects of health.
- warm ups and cool downs are a crucial part of physical activity.
- goal setting will lead to improvement in physical fitness levels.
- developing a complete personal fitness plan can help build and improve all fitness components.
- there are ways to prevent accidents and injury when engaging in physical activity.

Students Will Know

- key terms and concepts, including: physical activity, coordination, balance, physical fitness, exercise, aerobic, anaerobic, endurance, strength, flexibility, body composition, heredity, cross training, heart rate, target heart rate, warm up, cool down, conditioning, dehydration, heat exhaustion.
- the physical, social, mental, and emotional benefits of physical activity.
- various types of physical activities, and the factors that play into choosing physical activities.
- the five elements of physical fitness and exercises that will improve them.

Students Will Be Skilled At

- techniques to minimize injury risks during sports and physical activities.
- the parts and functions of the skeletal, muscular, and circulatory systems and the benefits that exercise has on them.
- how to develop a personal fitness plan.
- how to set and achieve physical fitness goals.

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 demonstratic or absence of skill.

- create posters to promote the different steps involved in conflict resolution.
- work in groups to strategize ways to protect themselves and others from abuse, violence, and bullies.
- act out skits on refusal skills for negative peer pressure.
- complete a written assessment covering positive and negative peer pressure, refusal skills, different types of families, conflict resolution steps, warning signs of abuse and violence, and the differences between conflict, bothering, and bullyin
- follow all class rules and regulations.
- answer the essential questions.

Learning Plan

- Preview the essential questions and connect to learning throughout the unit.
- Introduce the physical fitness unit, including the different components of fitness, the muscular, circulatory, and skeletal systems, creating a personal fitness plan, and setting personal fitness goals.
- Discuss key terms and concepts, including: physical activity, coordination, balance, physical fitness, exercise, aerobic, anaerobic, endurance, strength, flexibility, body composition, heredity, cross training, heart rate, target heart rate, warm up, cool down, conditioning, dehydration, heat exhaustion.
- Complete diagrams identifying the different parts of the skeletal, circulatory, and muscular system.
- Identify different exercises and physical activities that will improve each component of physical fitness.
- Work in groups to create a warm up routine to be used in Physical Education class.
- Identify and set personal fitness goals.
- Create a personal fitness plan to improve health and wellness.
- Complete a written assessment on the components of physical fitness, the skeletal, muscular, and circulatory systems, the health benefits of physical activity, and strategies to prevent injury.

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 environment.

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.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

Suggested Strategies for Modifications

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