

# Unit: Physical Fitness

Content Area: **Physical Education**  
Course(s): **Adaptive Physical Education**  
Time Period: **8 weeks**  
Length: **8 Weeks**  
Status: **Published**

## Unit Overview

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All students will apply skill and health-related fitness concepts and skills to develop and maintain a healthy, active lifestyle

## Transfer

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Why do we need to maintain a healthy, physically fit lifestyle. If students realize what could happen if we are not healthy and physically fit, they can transfer the importance of why they are doing the activities.

## Meaning

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## Understandings

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Self assessment of each skill related fitness component.

Self assessment of each health related fitness component.

Know the benefits from being physically fit.

## Essential Questions

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Why is it so difficult to become physically fit?

How do you maintain physical fitness?

How does being physically fit affect others? Myself?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know the elements of fitness.

Students will know why it is important to become physically fit.

Students will know how to become physically fit.

### **Students will be skilled at...**

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Students will be able to perform various skills to become physically fit.

Students will know various activities on how to become physically fit.

## **Academic Vocabulary**

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Endurance

Flexibility

Cardiovascular

Muscular Strength

Speed

Agility

Balance

Coordination

Reaction Time

Power

### **Learning Goal 1**

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Be able to perform all the essential components within a modified fitness challenge.

- Be able to perform all the essential components within a modified fitness challenge.

### **Target 1**

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TLW: demonstrate the ability to perform specific movements of the Fitness Challenge

-Track(endurance)

-Shuttle Run(speed and agility)

-Sit/Reach(flexibility)

-Plank/sit ups(abdominal strength)

-Push-ups(upper body strength)

- TLW: demonstrate the ability to perform specific movements of the Fitness Challenge - Track(endurance) -Shuttle Run(speed and agility) -Sit/Reach(flexibility) -Plank/sit ups(abdominal strength) -Push-ups(upper body strength)

HE.K-12.2.6

All students will learn and apply health-related fitness concepts.

HE.K-12.2.6.1

Identify the components of health-related fitness (e.g., strong muscles, strong heart).

HE.K-12.2.6.2

Choose and participate in personal fitness activities.

### **Target 2**

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### **Learning Goal 2**

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The learner will be able to achieve/set personal fitness goals using the Physical Fitness Challenge.

- The learner will be able to achieve/set personal fitness goals using the Physical Fitness Challenge.

## **Target 1**

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TLW: demonstrate knowledge in fitness activities.

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HE.K-12.2.6 All students will learn and apply health-related fitness concepts.

HE.K-12.2.6.1 Identify the components of health-related fitness (e.g., strong muscles, strong heart).

HE.K-12.2.6.2 Choose and participate in personal fitness activities.

Students need an understanding of the components of fitness in order to choose activities that enhance personal health. Students should regularly participate in fitness activities that promote all aspects of health-related fitness.

## **Summative Assessment**

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Physical Fitness Challenge

Self Assessment

## **21st Century Life and Careers**

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Students are introduced to 21st Century Life Skills that are critical, for personal, academic and social development. They are also introduced to career awareness information and to basic personal financial literacy skills.

## **Formative Assessment and Performance Opportunities**

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Students will self assess and will be given multiple opportunities for improvement.

## **Differentiation/Enrichment**

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Students are provided with an opportunity to be successful through the use of equipment, teacher monitoring/assessing, and peer assessment.

## **Unit Resources**

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Laptop

Mats

Stop watch

Cones

Erasers

Sit and Reach Box

Music

Various pieces of equipment