

# Fitness II (7)

Content Area: **Physical Education**  
Course(s): **Physical Education**  
Time Period: **6 weeks**  
Length: **6 Weeks**  
Status: **Published**

## Unit Overview

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Fitness is a great activity to build a student's cardiovascular endurance, muscular strength and flexibility, as well as their ability to cooperate with classmates to achieve a common goal. In this unit, students will work to improve their own personal fitness in cooperative and individual activities.

## Transfer

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Students will be able to independently use their learning to...

- Participate successfully in individual and cooperative fitness activities to enjoy the physical, social and mental benefits of exercise. These fitness activities are meant to improve their overall health and wellness.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## Understandings

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Students will understand...

- How to identify the social, emotional and health benefits of exercise.
- How to explain and apply the FITT training principles to improve physical fitness.
- How to modify their fitness activities to meet their personal level of fitness.
- How to identify influences that impact their personal fitness level.

## **Essential Questions**

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Students will keep considering...

- How developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
- How to assess and apply health data to enhance each dimension of personal wellness.

## **Application of Knowledge and Skill**

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

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Students will know.

- sportsmanship rules while playing a competitive and cooperative fitness games.
- the health related fitness components related to playing fitness games.

- the health related fitness components related to building on one's personal physical fitness.

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

Students will keep considering...

- How developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.
- How to assess and apply health data to enhance each dimension of personal wellness.

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### **Academic Vocabulary**

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### **Learning Goal 1**

Students will identify social, emotional and health benefits of exercising.

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HPE.2.5.8.A.1	Explain and demonstrate the transition of movement skills from isolated settings (i.e., skill practice) into applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.

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### **Target 1**

Students will identify the benefits of daily exercise and how it impacts their overall wellness.

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### **Learning Goal 2**

Students will explain and apply the FITT training principles to improve physical fitness.

- Students will explain and apply the FITT training principles to improve physical fitness.

HPE.2.5.8.A.2	Apply the concepts of force and motion (weight transfer, power, speed, agility, range of motion) to impact performance.
HPE.2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
HPE.2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

## Target 1

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Students will be taught the key points:

Frequency

Intensity

Time

Type of exercise

## Learning Goal 3

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Students will modify their fitness activities to meet their personal level of fitness.

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HPE.2.6.8.A.2	Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.
HPE.2.6.8.A.4	Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.
HPE.2.6.8.A.5	Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

## Target 1

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## Summative Assessment

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Pacer Test

Sit and reach test

Sit-up test

### **Formative Assessment and Performance Opportunities**

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The teacher will monitor and assist the students during different fitness activities and games. Feedback and assistance will be provided to the students.

### **Differentiation/Enrichment**

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Each student is provided an opportunity to be successful through the use of monitoring, practice and repetitive practice.

### **Unit Resources**

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Cones

Ipod

speaker

Mats

Stopwatch

