Unit 3b-Dance/Yoga

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 1**
Time Period: **Marking Period 3**
Length: **MP3**
Status: **Published**

Essential Question

What are some inexpensive, low equipment ways to stay physically active?

What are healthy eating behaviors that can help us keep a healthy weight?

Big Ideas

The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance)

Many factors can influence an individual's choices when selecting a balanced meal plan, which can affect nutritional wellness.

Diversity Integration

Objective: Students will develop an understanding of the Wellerman folk song dating back to the 1800's based off two whale fisherman the Wellerman brothers.

Activity: Students will review the history of the song and it's meaning and participate in a Wellerman zumba dance

CSDT Technology Connection

• 8.2.2.ITH.3: Identify how technology impacts or improves life.

• 8.2.2.ITH.4: Identify how various tools reduce work and improve daily tasks

CSDT Technology Integration

8.1.2.IC.1 Compare how individuals live and work before and after the implementation of new technology

Activity:

DJ Raphi Ping Pong instructional video will be shown on a SmartTV or projected on the wall.

Compare and contrast the instruction of dance before you tube

Enduring Understandings

2.2 Physical Wellness

2.2.5.LF.2: Develop a movement vocabulary that is flexible and adaptable for personal physical activity and wellness.

2.2.8.N.1: Analyze how culture, health status, age and access to healthy foods can influence personal eating habits. •

2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights.

2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans.