Unit 4a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 1**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Big Ideas

Exploring wellness components provide a foundational experience of physical movement activities.

The ability to move and perform at different levels and different types and amounts of physical activity enhance personal health.

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.A.1 Identify the basic features of a digital device and explain its purpose.

Activity:

Lazy Monster App. Students as a class will follow Fit7fitness workout that includes the following activities set at time intervals with some activities repeated. Knee bends, floor taps, elbow to knees, jumping jacks, running in place, side to side hop, squats, shadow boxing, and vertical jumps.

Enduring Understandings

2.2 Physical Wellness

• 2.2.2.PF.1: Explain the benefits of regular physical activity and what it means to be physically fit in relation to personal health. (e.g., healthy heart, strong bones, increased energy, strong muscles).

• 2.2.2.PF.3: Engage in moderate to vigorous age-appropriate physical movement and physical activities that

promote movement (e.g., games, challenges, team building).

2.2.2.LF.2: Perform movement skills that involve controlling and adapting posture and balance, to successfully negotiate different environments (e.g., mats, turf fields, grass fields, hard surfaces, gym floors, sand, water, snow) during physical activity