Unit 4a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 2**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Essential Question

How does physical fitness lead to better physical health?

Big Ideas

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

Cross Curricular Integration

Integration Area Science

2-PS1.A Different kinds of matter exist and many of them can be either solid or liquid, depending on temperature. Matter can be described and classified by its observable properties.

2.6.2.A.1 Explain the role of regular physical activity in relation to personal health.

Activity:

What's the Matter Race- Race collecting and sorting flashcards and pictures that are examples of the 3 types of matter

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

Enduring Understandings

2.2. Physical Wellness

Physical Fitness

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.PF.4: Demonstrate strategies and skills that enable team and group members to achieve goals.