Unit 4a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 3**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Essential Question

- How can one stay physically fit every day?

Big Ideas

- Competent and confident age appropriate performances of gross, fine motor and manipulative skills, with execution of movement skills and concepts individually and in groups enhance (intensifies) physical activities. free movement, games, aerobics, dance, sports, and recreational activities.
- The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).

CSDT Technology Connection

• 8.1.5.IC.1: Identify computing technologies that have impacted how individuals live and work and describe the factors that influenced the changes.

• 8.1.5.IC.2: Identify possible ways to improve the accessibility and usability of computing technologies to address the diverse needs and wants of users.

CSDT Technology Integration

8.1.5.A.4 Graph data using a spreadsheet, analyze and produce a report that explains the analysis of the data.

Activity:

Dots and Box Fitness Relay. Video players have to connect the dots with one line (noodle) at a time. When a player forms a box they own it. Team with the most boxes wins. Students measure their heart rate at various times during the game. Example: start, waiting, working end. Students use a spreadsheet to see what happens

to heart rate during activity.

Enduring Understandings

2.2 Physical Fitness

Movement Skills and Concepts

2.2.5.MSC.1: Demonstrate body management skills and control when moving in relation to others, objects, and boundaries in personal and general space (e.g., coordination, balance, flexibility, agility).

2.2.5.MSC.4: Develop the necessary body control to improve stability and balance during movement and physical activity.

Physical Fitness

2.2.5.PF.1: Identify the physical, social, emotional, and intellectual benefits of regular physical activity that effect personal health.

2.2.5.PF.3: Participate in moderate to vigorous age-appropriate physical fitness activities and build the skills that address each component of health-related fitness (e.g., endurance, strength, speed, agility, flexibility, balance).

2.2.5.PF.4: Develop a short term and/or a long-term health-related fitness goal (e.g., cardiorespiratory endurance 'heart & lungs', muscular strength, muscular endurance, flexibility, body composition, nutrition) to evaluate personal health.

2.2.5.PF.5: Determine how different factors influence personal fitness and other healthy lifestyle choices (e.g., heredity, physical activity, nutrition, sleep, technology).