Unit 4a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 6**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Essential Question

How can you measure heart rate?

Big Ideas

Feedback from others and self-assessment impacts performance of movement skills and concepts.

A variety of effective fitness principles applied consistently over time, enhance personal fitness levels, performance, and health status (e.g., Frequency, Intensity, Time, Type (F.I.T.T).

Effective Fitness principles combined with mental and emotional endurance over time will enhance performance and wellness.

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

Cross Curricular Integration

Integration Area: Mathematics

5.DL.A.2 2 Develop strategies to collect, organize and represent data of various types and from various sources.

Activity:

Excel graph results of Fitness test and other competitions.

Cross Curricular Integration

Integration Area: Mathematics

6.SP.2.Understand that a set of data collected to answer a statistical question has a distribution which can be described by its center, spread, and overall shape.

Activity: Excel Graph results of Fitness tests and other competitions.

CSDT Technology Connection

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

CSDT Technology Integration

8.1.8.D.4 Assess the credibility and accuracy of digital content.

Activity: Using the smartboard, we will review a slideshow explaining the concepts of FITT. Then, the students will be broken up into groups to rotate through their fitness stations.

Enduring Understandings

Movement Skills and Concepts

2.2.8.MSC.4: Analyze, and correct movements and apply to refine movement skills.

2.2.8.MSC.7: Effectively manage emotions during physical activity (e.g., anger, frustration, excitement) in a safe manner to self and others.

Physical Fitness

2.2.8.PF.1: Summarize the short and long-term physical, social, mental, and emotional health benefits of regular physical fitness activity.

Lifelong Fitness

2.2.8.LF.5: Engages in a variety of physical activities (e.g., aerobic-fitness, strengthen, endurance-fitness activities) using technology and cross-training, and lifetime activities.

Nutrition

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