Unit 2a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 8**
Time Period: **Marking Period 2**
Length: **MP2**
Status: **Published**

Essential Question

Where do you fall under the fitness zone according to the state fitness test?

Big Ideas

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

  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

Cross Curricular Integration

Integration Area: Math

A.REI.A1 Explain each step in solving a simple equation as following from the equality of numbers asserted at the previous step, starting from the assumption that the original equation has a solution. Construct a viable argument to justify a solution method.

2.6.8.A.2 Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

Activity:

In this lesson the students will calculate their Body mass index (BMI) and develop a work out for the day that can assist them to stay in their healthy BMI category. BMI is a measure of body fat based on height and weight that applies to adult men and women. The students will divide their weight in kilograms (kg) by your height in meters (m)then divide the answer by your height again to get your BMI.

CSDT Technology Connection

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

CSDT Technology Integration

Graph and calculate data within a spreadsheet and present a summary of the results.

Activity: Graph results of Fitness tests and other competitions

CSDT Technology Integration

8.1.8.A.1 Demonstrate knowledge of a real world problem using digital tools.

Activity:

Using the smartboard, the students will watch the following slideshow explaining the Fitbit and its application. Then, they will explain how the Fitbit can help improve someone's personal fitness.

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

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.