Unit 4a-Physical Fitness

Content Area: **P.E. & Health**
Course(s): **Phys. Ed. 8**
Time Period: **Marking Period 4**
Length: **MP4**
Status: **Published**

Essential Question

How to incorporate a diet and weight loss with a workout plan?

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

CSDT Technology Connection

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

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.