

Unit 4a-Physical Fitness

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

Essential Questions

- What is the difference between a rep and a set?

Big Ideas

- The components of fitness contribute to enhanced personal health as well as motor skill performance (e.g., speed, agility, endurance, strength, balance).
- Wellness is maintained, and gains occur over time (dimensions and components of health) when participating and setting goals in a variety of moderate to vigorous age appropriate physical activities.
- Personal and community resources can support physical activity.

Cross Curricular Integration

Integration Area: Math

4.OA.A.2 Multiply or divide to solve word problems involving multiplication comparison, e.g., by using drawings, and equations with a symbol for the unknown number to represent the problem, distinguishing multiplicative comparison from additive comparison.

Activity:

Students will use a spreadsheet to track their daily activity. Then they will highlight the areas of fitness that are stressed the most during their activities.

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

Technology Integration

8.1.5.A.1 Select and use the appropriate digital tools and resources to accomplish a variety of tasks including solving problems.

Activity:

Students will use a spreadsheet to track their daily activity. Then, they will highlight the areas of fitness that are stressed the most during their activities.

Enduring Understandings

Motor Skill & Concepts

2.2.2.MSC.5: Adjust and correct movements and skill in response to feedback.

2.2.5.MSC.6: Execute appropriate behaviors and etiquette while participating as a player and viewing as an observer during physical activity, games, and other events, contributes to a safe environment.

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.2: Accept and respect others of all skill levels and abilities during participation.

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).

Lifelong Fitness

2.2.5.LF.3: Proactively engage in movement and physical activity for enjoyment individually or with others.

2.2.5.LF.5: Describe how community resources could be used to support participation in a variety of physical activities, sports and wellness