# 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