

# Unit 05 - Fitness

Content Area: **Health & PE**  
Course(s): **PE 01, Driver's Ed, PE 2, PE 4, PE 3**  
Time Period: **Generic Time Period**  
Length: **9 weeks**  
Status: **Published**

## Unit Introduction

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Students will improve their overall level of fitness through a variety of physical activities, such as:

- Track workouts
- Strength Training
- Yoga
- Pilates
- Indoor/Outdoor fitness stations
- High movement games/activities
- Bicycle Spinning
- Step Aerobics

## Standards

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HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.
HPE.2.5.12.C.2	Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

## Essential Questions

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What are the benefits of participating in physical activities?

How can team and individual sports promote life long fitness?

-In what capacity can you continue and enjoy these activities outside of school?

How does anaerobic/aerobic training affect your fitness level? How does physical health affect social and intellectual health?

What benefits are gained from participation in activities promoting cardiovascular fitness?

How can the training principles be applied to improve cardiovascular fitness?

What are the primary differences between muscular strength and muscular endurance? What safety practices should you follow when lifting weights?

Why is permanent weight control best achieved by a combination of diet and exercise?

## **Content / Skills**

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- Track workouts
- Strength Training
- Yoga
- Pilates
- Indoor/Outdoor fitness stations
- High movement games/activities
- Bicycle Spinning
- Step Aerobics