

# 03\_Fitness

Content Area: **Physical Education/Health**  
Course(s):  
Time Period: **Full Year**  
Length: **Type Length of Unit**  
Status: **Published**

## **General Overview, Course Description or Course Philosophy**

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"Lifelong Fitness requires making fitness a part of a person's daily life. It is about creating fitness habits that support individuals to plan and stay healthy throughout their lifetime. In addition, a person recognizes the medical consequences of a sedentary lifestyle and that the benefits of an active body and mind over time reduces diseases, injuries and pain. Lifelong fitness doesn't focus on competition or high-level skill development, but rather on self-evaluation, personal goal setting, social engagement, sportsmanship, enjoyment of movement, and leisure-time fitness activities." (2020 New Jersey Student Learning Standards - Comprehensive Health and Physical Education)

## **OBJECTIVES, ESSENTIAL QUESTIONS, ENDURING UNDERSTANDINGS**

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Essential Questions:

- What role does play have in physical fitness?
- People describe walking as exercise but is this true?

## **CONTENT AREA STANDARDS**

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Refer to the mainstream grade-level PE Curriculum

## **RELATED STANDARDS (Technology, 21st Century Life & Careers, ELA Companion Standards are Required)**

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## **STUDENT LEARNING TARGETS**

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Refer to the 'Declarative Knowledge' and 'Procedural Knowledge' sections.

## **Declarative Knowledge**

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Students will understand that:

- Physical fitness is the act of engaging in moderate to vigorous activity.
- On average it is recommended to achieve sixty minutes per day of moderate to vigorous activity
- The body responds to exercise
- Maintaining an active lifestyle increase a person's health.

Students will use their knowledge of:

- Body responses to exercise
- Muscles and the work they do
- General exercise performance
- Moving in daily life

## **Procedural Knowledge**

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Students will be able to:

- Identify components of fitness
- Choose exercise that are age and skill appropriate
- Identify activities as individuals that help achieve a specific goal

## **EVIDENCE OF LEARNING**

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Refer to the 'Formative Assessments' and 'Summative Assessments' sections.

## **Formative Assessments**

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- Students will participate in a variety of activities that are focused on one component of fitness.
- Students will create exercise routine and deliver to the class. The routine will encompass the components of fitness.

- Students will acknowledge exercise as an important part of the day. They will draw conclusions on how exercise can help them in their daily lives and how exercise prepares the body.

## **Summative Assessments**

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## **RESOURCES (Instructional, Supplemental, Intervention Materials)**

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- Vitathread videos
- PEcentral.com
- Mr. Pasieka exercise performance videos
- Crossfit exercise demo videos
- Apps: 7 minute workout app, Sworkit Kid, Lazy Monster

## **INTERDISCIPLINARY CONNECTIONS**

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## **ACCOMMODATIONS & MODIFICATIONS FOR SUBGROUPS**

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See link to Accommodations & Modifications document in course folder.