

President's Fitness Challenge - Unit 7

Content Area: **Comprehensive Health and Physical Education**
Course(s): **Physical Education 6**
Time Period: **April**
Length:
Status: **Published**

Unit Overview

Essential Questions

How does effective and appropriate movement affect wellness?

What is the importance of one's health related fitness to their overall wellness?

How do I develop an appropriate personal fitness program and find the motivation to commit to it?

Content

Importance of Fitness in everyday life.

Fitness Testing at appropriate at 6th, 7th, 8th targeted assessment levels

Fitness Training / building endurance, strength, speed, and flexibility

Applying safety practices

Skills

Use proper fitness training technique

Demonstrate safety

Build upper body strength and abdominal strength

Demonstrate importance of flexibility and cardiovascular fitness

Work together to complete tasks

Assessments

Scores

Teacher Observation

Student Self assessment

Student Participation

Lessons/Learning Scenarios

Fitness test

Pull ups

Sit and reach

1 mile run

Shuttle run

Sit ups

Fitness fun with mats

Standards

HE.5-6.	Performing movement skills effectively is often based on an individual's ability to analyze one's own performance as well as receive constructive feedback from others.
HE.5-6.	Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.
HE.5-6.	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
HE.5-6.2.1.6.A.1	Explain how health data can be used to assess and improve each dimension of personal wellness.
HE.5-6.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.5-6.2.6.6.A.1	Analyze the social, emotional, and health benefits of selected physical experiences.
HE.5-6.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
HE.5-6.2.6.6.A.3	Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

Resources
