

# Unit 7-Fitness

## Challenge/strength/speed/flexibility/endurance

Content Area: **Comprehensive Health and Physical Education**  
Course(s): **Physical Education K, Physical Education 1, Physical Education 2**  
Time Period: **Undefined**  
Length: **2-4 weeks 40 minute classes**  
Status: **Published**

### Unit Overview

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### Essential Questions

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What are the main areas of fitness that we address?

How are those applied to increase our fitness levels?

What are the essential skills and concepts necessary to successfully participate in small and large group games?

### Content

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Perform physical fitness test (President's Challenge).

Learn about the five components of fitness: Sit ups, Pull ups, ½ mile, Shuttle run, Sit and reach

Learn about recreational games: disc bocce, station activities, bowling, Frisbee, Horse shoes, etc.

### Skills

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Describe lifestyle choices that can improve overall fitness and offset negative factors.

Participate in activities to evaluate your health related fitness.

Students will be able to demonstrate skills for a variety of leisure and lifetime activities

## Assessments

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At the appropriate age/gender will participate and scored:

- Sit ups
- Pull ups
- ½ mile
- Shuttle run
- Sit and reach

Skill Assessment

Teacher Observation

## Lessons/Learning Scenarios

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Students will be able to participate in fitness skills:

1. strength – push-ups, curl-ups
2. flexibility - stretching
3. speed/agility - running
4. endurance – jogging for a specified amount of time

Students will understand, participate in the development of, and follow classroom rules; follow activity-specific rules, safety practices and procedures; and demonstrate etiquette and good sportsmanship in a variety of physical activity settings.

## Standards

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HE.K-2.	Health-enhancing behaviors contribute to wellness.
HE.K-2.	Appropriate types and amounts of physical activity enhance personal health.
HE.K-2.2.5.2.A.1	Explain and perform movement skills with developmentally appropriate control in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HE.K-2.2.6.2.A.1	Explain the role of regular physical activity in relation to personal health.
HE.K-2.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
HE.K-2.2.6.2.A.3	Develop a fitness goal and monitor progress towards achievement of the goal.

## Resources

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