

## Physical Education

### Unit 12: Physical Fitness Activities and Knowledge

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ There are proper warm-up, conditioning, and cool-down techniques and reasons for using them.</li> <li>▪ It is necessary to be physically active outside of the school setting in order to be healthier.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ How does one properly warm-up?</li> <li>▪ How does one properly condition?</li> <li>▪ How does one properly cool-down?</li> <li>▪ What types of physical activities can a student do outside of school?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ A complete work-out: warm-up; conditioning; cool-down are part of physical fitness.</li> <li>▪ Physical activities done outside of school which will contribute to healthier students.</li> <li>▪ Monitoring heart rate before, during, and after activity is important in a fitness workout.</li> <li>▪ Activities designed to improve and/or maintain muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition are an important part of a fitness routine.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Warm-ups; conditioning; cool-down; heart rate; muscular strength; muscular endurance; flexibility; cardiovascular endurance; body composition.</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Demonstrate exercises that can be utilized in warm-ups and cool-down phases of an exercise program.</li> <li>▪ Demonstrate conditioning exercises.</li> <li>▪ Demonstrate how to use a heart rate monitor: pre-during-post physical activity.</li> </ul>
<b>Related Maine Learning Results</b>	<p>H. Physical Fitness Activities and Knowledge Students demonstrate and apply fitness concepts.</p> <p>H1. Fitness Assessment Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals.</p> <p>H3. Fitness Activity Students participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.</p>
<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"> <li>▪ Students learn how to choose warm-ups and lead classmates before activity of the day.</li> <li>▪ Students are taught how to take heart rates.</li> <li>▪ Students demonstrate how to cool-down at the end of class by choosing and performing individual exercises.</li> <li>▪ Students are taught the proper use of fitness room machines and equipment and are then allowed to rotate through areas to gain</li> </ul>

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	understanding of their uses.
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"> <li>▪ Observe students during warm-ups, conditioning, and cool-down for proper techniques.</li> <li>▪ Observe students in the fitness room for proper use of machines and equipment.</li> </ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Complete Physical Education Plans For Grades 7-12 – Kleinman</u></li> <li>○ <u>Physical Education for Children – Lee, Thomas, Thomas</u></li> <li>○ <u>Student-Centered Physical Education – Smith, Cestaro</u></li> <li>○ <u>PE Games &amp; Activities Kit – Ken Lumsden</u></li> <li>○ <u>President’s Council on Physical Fitness Manual – US Government pamphlet.</u></li> </ul> </li> <li>▪ <u>Websites:</u> <ul style="list-style-type: none"> <li>▪ <a href="http://www.pecentral.org">www.pecentral.org</a></li> </ul> </li> </ul>

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