

## 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> <li>▪ Time and effort are prerequisites for skill improvement and fitness benefits.</li> <li>▪ There are principles of training and conditioning for physical activity that require implementation.</li> <li>▪ There are benefits that are developed from participating in a variety of physical activities.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ What are some basic principles of training and conditioning? (FITT)</li> <li>▪ What are some benefits of physical activity?</li> <li>▪ What are time and effort necessary to improve skill and fitness levels?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ The FITT principle can be used to complete a workout.</li> <li>▪ Developing a SMART fitness goal is an important part of a fitness program.</li> <li>▪ There are physiological and psychological benefits of physical activity.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ FITT (frequency, intensity, time, type)</li> <li>○ SMART goal</li> <li>○ Physiological</li> <li>○ Psychological</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Write a SMART fitness goal using the FITT principle.</li> <li>▪ Describe physiological and psychological benefits of 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>H2. Health-Related Fitness Plan Students design a fitness program from established goals which addresses the five health-related fitness components and applies the frequency, intensity, time, and type (FITT) guidelines.</p> <p>H4. Physical Activity Benefits Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</p>
<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"> <li>▪ Students, through posters, are taught FITT principles and then allowed to work-out using any fitness machines or equipment.</li> <li>▪ Students, through warm-ups, physical activity, and cool-down are asked to take heart rates to learn about resting, target, and recovery heart rates.</li> <li>▪ Students are asked to think about a fitness goal and next class will</li> </ul>

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	be required to write a SMART goal.
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"> <li>▪ Observe and record students RHR (resting heart rate), MHR (maximum heart rate), THR (target heart rate), and RCHR (recovery heart rate)</li> <li>▪ Observe students using fitness room machines and equipment for FITT principles.</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></li> <li>▪ <a href="http://www.pecentral.org">www.pecentral.org</a></li> </ul>

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