

**Physical Education**  
**Unit 12: Physical Fitness Activities and Knowledge**

<p align="center"><b>Essential Understandings</b></p>	<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> <li>▪ There are various weight-training techniques.</li> <li>▪ There are benefits of cardiovascular endurance and maintaining a target heart rate through sustained aerobic activity.</li> </ul>
<p align="center"><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ What are some basic weight training techniques?</li> <li>▪ How does sustained aerobic activity improve cardiovascular health?</li> <li>▪ What is target heart rate, maximum heart rate, resting heart rate, recovery heart rate?</li> </ul>
<p align="center"><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ There are various weight-training techniques.</li> <li>▪ Developing an individualized personal fitness program is a part of practicing good physical fitness.</li> <li>▪ Cardiovascular endurance leads to improved health.</li> </ul>
<p align="center"><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ Weight training</li> <li>○ Cardiovascular endurance</li> <li>○ Aerobic activity</li> <li>○ Target heart rate</li> <li>○ Maximum heart rate</li> <li>○ Resting heart rate</li> <li>○ Recovery heart rate</li> </ul> </li> </ul>
<p align="center"><b>Essential Skills</b></p>	<ul style="list-style-type: none"> <li>▪ Develop a personal fitness program incorporating weight training, cardiovascular exercises, and flexibility exercises to be implemented for 4 – 6 weeks.</li> </ul>
<p align="center"><b>Related Maine Learning Results</b></p>	<p>H. Physical Fitness Activities and Knowledge          Students demonstrate and apply fitness concepts.</p> <p>H 1. 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>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>

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	<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> <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>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Students will be reviewing weight training techniques in one class utilizing assorted fitness equipment available.</li> <li>▪ Students will write, for homework, a personal fitness program utilizing information learned in 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade to be implemented in class and on their own time for 4 – 6 weeks utilizing SMART goal format.</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Read and comment on students’ personal fitness programs with SMART goal.</li> <li>▪ Observe over 4 – 6 weeks time period, work-outs towards achieving individual goals.</li> </ul>
<p><b>Sample Resources</b></p>	<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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