

**Physical Education  
Unit 1: Physical Fitness**

<b>Essential Understandings</b>	<ul style="list-style-type: none"> <li>▪ Healthy levels of basic fitness and physical competence are needed for many work situations and active leisure participation.</li> </ul>
<b>Essential Questions</b>	<ul style="list-style-type: none"> <li>▪ Why does heart rate change from rest to exercise?</li> <li>▪ Why is exercise healthy?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ Physical activity causes certain bodily responses and is related to physical benefits.</li> <li>▪ Health related fitness components of flexibility, cardiovascular endurance, muscular endurance and muscular strength are introduced during physical activities.</li> <li>▪ There are benefits of exercise and healthy habits.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>▪ <u>Terms</u> <ul style="list-style-type: none"> <li>○ Heart</li> <li>○ Heart rate</li> <li>○ Breathing rate</li> <li>○ Exercise</li> <li>○ Healthy</li> <li>○ 5-2-1-0</li> </ul> </li> </ul>
<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Identify changes in a body during physical activity.</li> <li>▪ Participate in vigorous physical activity.</li> <li>▪ Sustain physical activity.</li> </ul>
<b>Related Maine Learning Results</b>	<p><u>Health and Physical Education</u>  H. Physical Fitness Activities and Knowledge  3. Fitness Activity  Students participate in physical activities to introduce the health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength.  4. Physical Activity Benefits  Students identify the physical benefits and bodily responses related to physical activities.</p>
<b>Sample Lessons And</b>	<ul style="list-style-type: none"> <li>▪ Scooters</li> <li>▪ Relay races</li> <li>▪ Warm-ups</li> </ul>

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<p align="center"><b>Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Chasing, fleeing, dodging</li> <li>▪ Tumbling</li> <li>▪ Rhythm and dance</li> <li>▪ Parachute</li> <li>▪ Discovery activities</li> </ul>
<p align="center"><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Observation</li> <li>▪ Student feedback</li> <li>▪ Self-checks</li> </ul>
<p align="center"><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>• Posters</li> <li>• Charts</li> <li>• Community resources</li> <li>• <u>Web Sites</u> <ul style="list-style-type: none"> <li>○ <a href="http://www.pecentral.org">www.pecentral.org</a></li> <li>○ <a href="http://www.brunswick.k12.me.us/curriculum">www.brunswick.k12.me.us/curriculum</a></li> </ul> </li> </ul>

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