

**Physical Education
Unit 1: Physical Fitness**

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

**Physical Education
Unit 1: Physical Fitness**

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

Adopted: fall 2013