

**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"> ▪ What is the purpose of assessing personal fitness components on a regular basis? ▪ What are the five health-related fitness components and how do they apply to overall wellness? ▪ What are the mental health benefits to exercise?
Essential Knowledge	<ul style="list-style-type: none"> ▪ Multiple health-related fitness assessments (including a cardiovascular assessment) and reassessments to observe changes over time, contribute to physical fitness. ▪ There are five health-related fitness components: muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition. ▪ Participation in physical activities should address each of the five health-related fitness components including: flexibility, cardiovascular endurance, muscular endurance, muscular strength and body composition. ▪ There are physical and mental benefits and bodily responses that are related to regular participation in physical activity.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ 5-2-1-0 ○ Strength ○ Endurance ○ Exercise ○ Effort ○ Fitness ○ Health ○ Safety ○ Hydration ○ Nutrition
Essential Skills	<ul style="list-style-type: none"> ▪ Identify and engage in activities that contribute to personal fitness. ▪ Set personal fitness goals. ▪ Participate in fitness assessments and interpret results.
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</p>

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	responses related to physical activities.
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ Fitness testing ▪ Warm-ups ▪ All individual and team sports units ▪ Gymnastics/dance ▪ Jump Rope for Heart
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Peer evaluation ▪ National Fitness Tests (Presidential/Fitness Gram) ▪ Observation ▪ Self-checks
Sample Resources	<ul style="list-style-type: none"> ▪ Posters and charts ▪ Various equipment ▪ Community resources (Local Gymnastics, Martial Arts Instructors) ▪ 5-2-1-0 ▪ <u>Web Sites</u> <ul style="list-style-type: none"> ○ www.pecentral.org ○ www.presidentschallenge.org/challenge/physical/index.shtml ○ www.fitnessgram.net/ ○ www.brunswick.k12.me.us/curriculum

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