

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

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	<p>fitness components.</p> <p>3. Fitness Activity Students participate in physical activities to introduce the health-related fitness components of flexibility, cardiovascular endurance, muscular endurance, and muscular strength.</p> <p>4. Physical Activity Benefits Students identify the physical benefits and bodily responses related to physical activities.</p>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Fitness testing</li> <li>▪ Warm-ups</li> <li>▪ All individual and team sports units</li> <li>▪ Gymnastics/dance</li> <li>▪ Jump Rope for Heart</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<ul style="list-style-type: none"> <li>▪ Peer evaluation</li> <li>▪ National Fitness Tests (Presidential/Fitness Gram)</li> <li>▪ Observation</li> <li>▪ Self-checks</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ Posters and charts</li> <li>▪ Various equipment</li> <li>▪ Community resources (Local Gymnastics, Martial Arts Instructors)</li> <li>▪ 5-2-1-0</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.presidentschallenge.org/challenge/physical/index.shtml">www.presidentschallenge.org/challenge/physical/index.shtml</a></li> <li>○ <a href="http://www.fitnessgram.net/">www.fitnessgram.net/</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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