

**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>▪ How does the body respond to physical activity?</li> <li>▪ Why is exercise healthy?</li> </ul>
<b>Essential Knowledge</b>	<ul style="list-style-type: none"> <li>▪ Participation in physical activities will introduce health-related fitness components of flexibility, cardiovascular endurance, muscular endurance and muscular strength.</li> <li>▪ Physical benefits and bodily responses related to physical activities are important parts of a fitness program.</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 body during physical activity.</li> <li>▪ Participate in vigorous physical activity.</li> <li>▪ Sustain physical activity.</li> <li>▪ Understand benefits of exercise and healthy habits.</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>

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<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"><li>▪ Scooters</li><li>▪ Relay races</li><li>▪ Warm ups</li><li>▪ Chasing, fleeing, dodging.</li><li>▪ Gymnastics</li><li>▪ Rhythm and dance</li><li>▪ Parachute</li><li>▪ Discovery activities</li></ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"><li>▪ Observation</li><li>▪ Student feedback</li></ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"><li>▪ Posters</li><li>▪ Charts</li><li>▪ Community resources</li></ul>

adopted fall 2013