**East Physical Education**

UNIT: Intro Into Fitness

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| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStandard 1:Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.Standard 2:Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.Standard 3:Students will understand and be able to manage their personal and community resources. | ***Transfer*** |
|  *Students will be able to independently choose to engage in Fitness in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that…* * Personal fitness plans are unique in that they include training principles that are specific to the individual and their fitness/athletic needs.
* Maintaining a health-enhancing level of fitness entails the development of cardiovascular fitness, muscle fitness, flexibility, and body composition.
* People with high levels of personal fitness experience many benefits to their physical health, mental/emotional health, and social health
 | ESSENTIAL QUESTIONS * How is health-related fitness significant to my life and my personal goals?
* What value can I gain from understanding my fitness scores?
* Why do people train differently?
* How can I maximize time in the gym?
* What are the consequences of inactivity and its impact on my wellness?
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| ***Acquisition*** |
| *Students will know…* * Health Benefits of Physical Activity and Exercise
* FITT and the Principles of Specificity, Progression, and Overload
* Basics of Cardiorespiratory Endurance Training
* Basics of Muscle Fitness Training
* Factors for Maintaining a Healthy Body Weight
 | *Students will be skilled at…* * Identify and perform exercises which specifically train each component of fitness.
* Identify elements of an aerobic training workout for improved cardiovascular fitness.
* apply FITT to various types of training (i.e. resistance, aerobic)
* Identify elements of a resistance-training workout for improved muscular fitness.
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| **Stage 2 - Evidence** |
| **Evaluative Criteria** | **Assessment Evidence** |
| Participation/Sportsmanship | PERFORMANCE TASK(S): * Daily Grade based on Department established Rubric.
* Daily Fitness component towards Fitnessgram improvement
* Improvement of Skill level through tasks, skills, and student led games
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| Written Assignments | OTHER EVIDENCE:* Written assignment on skills, rules, and impact on overall wellness
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| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

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| ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** |
| Intro to Fitness* *What do students know about fitness and Fitness Centers?*
* Review etiquette and personal and social responsibilities in the Fitness center.
* Benefits - Health/skill Related Fitness Components
* Cardio Machines
* Stationary weights
* Free weights
* Fitnessgram goals

Discuss/handouts community resources for Area Gyms, YMCA, World Gym, (i.e. neighborhood possibilities) | Review* Safety, machine use

Components of health and BenefitsIntro* *What do students know about the FITT principle?*
* Principles of Specificity, progression and overload.
* Heart Rate
* Fitness Journals/wellness plans
 | Review* Heart Rate, Max Heart Rate, Target Heart Rate
* Wellness plans and fitness logs

Into * Nautilus machine
* Circuit training
* Cross fit

*Trip to Knockout Fitness or World gym** Fitness Journals
 | *Knockout Fitness or World Gym Trip** *Fitness Journals/Wellness Plans due*
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| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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