**East Physical Education**

UNIT: Multimedia 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 multimedia fitness in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that… Answer your essential Questions** Proper form for individual skills and routines is essential for mastery of the skill.
* Different components of fitness training positively impact your overall health in different ways.
* Students will know how and where to locate the resources to participate in fitness workouts at home and in the community.
 | ESSENTIAL QUESTIONS * What are my personal fitness goals?
* How can I move effectively and efficiently in order to improve my fitness levels?
* How can nutrition aid in increasing personal fitness levels.
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| ***Acquisition*** |
| *Students will know…* * Fitness specific skills: Strength, conditioning, cardiovascular and overall health and condition improvements.
* Strategy:
	+ Combining fitness components skills into sequences, nutrition benefits
* Importance of a healthy lifestyle
 | *Students will be skilled at…* * Procedures for participating in media fitness.
* Individual workout specific skills
* Positive participants/team leaders
* Creating and identifying fitness routine which will best fit individual.
* Creating a nutrition plan best fit for individual.
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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 fitness level through tasks, skills, and student led routines.
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| Written Assignments | OTHER EVIDENCE:* Written assignment on nutrition, skills, 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*** |
| Day 1* History of Media topic (insanity, T25, dance, ext.)
* Benefits of Media Fitness, resources
* Basic routine
* Importance of stretching
* Create and stretch routine for the unit.
* Exit ticket
 | Day 2* Health related fitness components.
* Stretch routine
* Media Fitness
* Nutrition
* Personal Fitness goals
 | Day 3* Review Personal Fitness goals
* Media and stretch routine
* Small groups create fitness routines.
* Exit ticket (written group routines)
 | Day 4* Review group routines
* Stretch routine
* Student groups will teach routines to the class.
* Revisit personal fitness goals.
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| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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