**East Physical Education**

UNIT: Multimedia Fitness

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| **Stage 1 Desired Results** | | |
| ESTABLISHED GOALS  Standard 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. |
| ***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. |
| **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. | |
| Written Assignments | OTHER EVIDENCE:   * Written assignment on nutrition, skills, and impact on overall wellness | |
| **Stage 3 – Learning Plan** | | |
| *Summary of Key Learning Events and Instruction*   |  |  |  |  | | --- | --- | --- | --- | | ***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. | | ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** | |  |  |  |  | | | |