

<b>Planned Course: Physical Education</b>	<b>Course Number: N/A</b>	<b>Department: Physical Education</b>	
<b>Unit: Fitness Games and Activities</b>	<b>Grade Level: 4-5</b>		
<b>Estimated Time: 6 classes</b>	<b>Level/Track: All</b>	<b>Date Approved: 08/22/2016</b>	
<b>PA Academic Standards</b>	<ul style="list-style-type: none"> <li>▶ <b>Core Concepts (in question format)</b> <ul style="list-style-type: none"> <li>• <b>Skills/Knowledge</b></li> </ul> </li> </ul>	<b>Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)</b>	<b>Assessments (include types and topics)</b>

<p>10 4. 6 Physical Activity</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body’s response to moderate to vigorous physical activity.</p> <p>10.5.6 Concepts, Principles and Strategies of Movement</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p>	<ul style="list-style-type: none"> <li>• What part does a healthy diet play in your physical fitness level?</li> <li>• Describe some healthful benefits that result from regular participation in physical activity.</li> <li>• Identify the components of health related physical fitness.</li> <li>• How would you monitor your heart rate?</li> <li>• How can you use technology in PE?</li> <li>• What parts of moving are necessary for safe, smooth, body movements?</li> </ul>	<ul style="list-style-type: none"> <li>• Teacher modeling/demonstration of listed activities. <ul style="list-style-type: none"> <li>○ Arm strength activities</li> <li>○ Leg strength activities</li> <li>○ Jump rope</li> <li>○ Jumping activities</li> <li>○ Jogging, running</li> <li>○ Curl Ups, crunches</li> <li>○ Push Ups</li> <li>○ Jumping Jacks</li> <li>○ Shuttle runs</li> <li>○ Stretch bands</li> <li>○ Tag games</li> <li>○ Pedometers</li> <li>○ Hoop runs</li> <li>○ Obstacle runs</li> <li>○ Agility activities</li> <li>○ Stations</li> <li>○ Flexibility activities</li> <li>○ Warm-ups to music</li> <li>○ Fitness videos e.g. Yoga, Tae Bo, Fit Kids</li> <li>○ Ultimate frisbee</li> <li>○ Various fitness activities</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Teacher observation of safe and correct procedures</li> <li>• Obstacle course rubric</li> <li>• Class discussion of safety, benefits of a physically fit body, and increased heart rate.</li> <li>• Performance Chart</li> <li>• Signs of an increased heart rate worksheet.</li> </ul>
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