

Physical Education Activity Units

Unit 1. Conditioning and Fitness Testing

Objectives

- Identify and evaluate components of health and skill related physical fitness.
- Develop an exercise plan to address individual fitness needs.
- Explain the present and future effects of regular exercise, proper nutrition and body composition on overall health and wellness.
- Demonstrate how to perform and apply resistance exercises properly and identify associated muscle groups.
- Identify and monitor physiological indicators before during and after exercise and analyze results.
- Utilize heart rate monitors and pedometers in assessing fitness and amount of exercise.

Activities may include:

- Training for strength, endurance, cardiovascular endurance, agility, flexibility, balance, and speed utilizing free weights, stretch bands, weight bars, medicine balls, stability balls, aerobic step trainers and Bosu trainers.
- Health related cooperative games.
- President's Council on Physical Fitness Test.

NJCCCS Connections:

- 2.5.6 A6 Detect and correct errors in personal movement performance and modify it in response to internal and external feedback.
- 2.6.6 A1 Describe the physical, social, and emotional benefits of regular physical activity.
- 2.6.6 A2 Differentiate among activities that improve skill fitness versus health-related fitness.
- 2.6.6 A3 Describe how body systems adapt over time to regular physical activity.
- 2.6.6 A6 Describe the relationship between physical activity, healthy eating, and body composition.
- 2.6.6 B3 Apply the appropriate training principles to various forms of physical activity used to improve personal fitness.
- 2.6.6 C1 Engage in moderate to vigorous forms of physical activity that address each component of fitness.
- 2.6.6 C3 Monitor physiological indicators before, during, and after exercise.
- 2.6.6 C4 Assess personal fitness, develop a personal fitness plan based on the findings, and use technology to implement the plan.
- 2.6.8 B2 Apply training principles to establish a progression of activity that will improve each component of fitness.
- 2.6.8 C1 Engage in a variety of sustained, vigorous physical activities that enhance each component of fitness.
- 2.6.8 C3 Monitor physiological responses before, during and after exercise and compare changes.
- 2.6.8 C4 Use health data and information from internal and external sources to develop a personal fitness plan, and use technology to evaluate the implementation and outcomes of the plan.

Unit 2. Basic Skills and Lead-Up Games

Objectives

- Demonstrate skills that pertain to specific sports and utilize the skill at the appropriate time.
- Execute simple and advanced movement patterns to create individual routines while dancing or jumping rope.
- Develop skills of overhand and underhand, kicking, striking, and catching.
- Manipulate and control an object utilizing various body parts.
- Apply previously learned skills in a modified game experience.

Activities may include: Jump rope; hula hoops; activities that challenge and evaluate balance, throwing and catching; Steal the Bacon; Knockout; Sideline Soccer; Soccer 2 Square; Soccer Tennis; Sideline Team Soccer; O-U-T; Around the Key; Twenty-One; Relay and Shooting Games; 3 Court Volleyball; Keep It Up; Newcomb; group challenges; Flag Football; End Zone Football; Ultimate Frisbee; Keep-Away; No Check Lacrosse, End Zone Lacrosse; Kickball, Indoor Wiffleball.

NJCCCS Connections:

- 2.5.6 A1 Demonstrate developmentally appropriate form when using movement skills in applied settings.
- 2.5.6 B7 Discuss how practice, regular participation, and appropriate feedback improve performance.
- 2.5.6 D1 Compare the roles and responsibilities of participants and observers and recommend strategies to improve behavior, participation, and enjoyment.
- 2.5.6 D2 Summarize general and specific activity rules, describe how they enhance participation and safety, and follow them during activities.
- 2.5.6 D3 Select, use, and care for equipment used during physical activity.
- 2.5.8 A1 Demonstrate mechanically correct form and control when using and combining movement skills in applied settings.
- 2.5.8 A6 Detect and correct errors in personal movement performance and modify it in response to internal and external feedback.
- 2.5.8 B4 Summarize how movement can be made more interesting, creative, or effective.
- 2.5.8 B5 Discuss the stages of movement skill development and the importance of practice.
- 2.5.8 D1 Analyze participant and observer behaviors for evidence of good sportsmanship.
- 2.5.8 D2 Employ general- and activity-specific rules and analyze their impact on participation.
- 2.6.6 A1 Describe the physical, social, and emotional benefits of regular physical activity.
- 2.6.6 C1 Engage in moderate to vigorous forms of physical activity that address each component of fitness.
- 2.6.8 C1 Engage in a variety of sustained, vigorous physical activities that enhance each component of fitness.
- 2.6.8 A1 Summarize the potential short- and long-term physical, social, and emotional benefits of regular physical activity.

