

Physical Education Curriculum

Approved 2014 (NJCCS 2009 alignment)

Unit: **Conditioning and Fitness** Grades: **Grades 7 & 8**

In this unit, students review health related fitness and address individual fitness needs as determined by Fitnessgram testing in the fall. All students are retested periodically throughout the year. Classes utilize free weights, gym mats, jump ropes, weight bars, medicine balls, bosu trainers, pull-up bars, and scooters. Activities include but are not limited to yoga, crab soccer, exercise circuits, relay races, obstacle courses and various warm-up exercises.

Essential Questions	Skills		NJCCCS	Assessment	Resources
<p>How can physical activity affect your academic performance?</p> <p>How can you achieve your personal fitness level?</p> <p>How does regular yoga exercise benefit one's overall health?</p> <p>How can you increase your personal fitness level?</p>	<ul style="list-style-type: none"> • Safe, correct use of exercise equipment and free weights. • Identify and apply sport specific exercises. • Identify and apply proper techniques for stretching and increasing strength, flexibility and endurance as determined by personal needs. • Utilize heart rate information and monitor activity level to maintain target heart rate. • Perform basic yoga asanas in a smoothly flowing pattern. • Identify areas of weakness as determined by physical fitness testing and create an improvement plan to address those areas. 		<p>2.5.8. A.3</p> <p>2.6.8. A.1</p> <p>A.2</p> <p>A.3</p> <p>A.4</p> <p>A.5</p>	<p>Fitnessgram</p> <p>Teacher Observation</p> <p>Self-evaluation</p>	<p>Achieving Fitness: An Adventure Activity Guide</p> <p>Strength Training for Children and Adolescents</p> <p>Physical Education for Lifelong Fitness</p> <p>Physical Best Activity Guide</p> <p>Internet websites as they relate to fitness; including but not limited to : www.fitness.gov PE Central AAHPERD NJAHPERD NASPE</p>