

Physical Education Curriculum

Approved 2014 (NJCCS 2009 alignment)

Unit: **Conditioning and Fitness** Grades: **Grades 5 & 6**

In this unit, students are introduced to health related fitness and activities that relate to it. All students participate in Fitnessgram testing which takes place at the beginning of the school year and 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, tag games, jump rope activities, exercise circuits, relay races, obstacle courses and various warm-up exercises.

Essential Questions	Skills		NJCCCS	Assessment	Resources
<p>How does being physically fit in middle school affect your wellness over a lifetime?</p> <p>How can you assess your fitness level?</p> <p>What do I need to know to develop an exercise plan?</p> <p>Why is it important to select activities that include all components of fitness?</p> <p>How does yoga relate to physical fitness?</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. • Demonstrate ability to find pulse and how it relates to principals of training. • Perform basic yoga asanas in a smoothly flowing pattern. 		<p>2.6.6.A1</p> <p>A2</p> <p>A3</p> <p>A4</p> <p>A5</p> <p>A6</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>Internet websites as they relate to fitness; including but not limited to : www.fitness.gov PE Central AAHPERD NJAHPERD NASPE</p>