

Unit 5: Lifelong Physical Activity

Physical Education

4 Class Meetings

Revised April 2021

Essential Questions

- Why is it important to actively engage in lifelong physical activity?

Enduring Understandings with Unit Goals

EU 1: Children who regularly participate in physical activity tend to stay active throughout their lives.

- Differentiate the outcomes of being and not being physically active.
- Evaluate and participate in physical activities outside of physical education.

EU 2: Physical activity can boost self-confidence, provide opportunities for social interaction, and offer a chance to have fun.

- Examine why self-selected physical activities create enjoyment.
- Generate conclusions about how enjoyment can be increased in self-selected physical activities.

Physical Education Standards

Standard 1: Demonstrates competency in a variety of motor skills and movement patterns.

Standard 2: Applies knowledge of concepts principles, strategies and tactics related to movement and performance.

Standard 3: Demonstrates the knowledge and skills to achieve and maintain a health enhancing level of physical activity and fitness.

Standard 4: Exhibits responsible personal and social behavior that respects self and others.

Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction

ISAAC Vision of the Graduate Competencies

Competency 1: Write effectively for a variety of purposes.

Competency 2: Speak to diverse audiences in an accountable manner.

Competency 3: Develop the behaviors needed to interact and contribute with others on a team.

Competency 4: Analyze and solve problems independently and collaboratively.

Competency 5: Be responsible, creative, and empathetic members of the community.

Unit Content Overview

1. Importance of Lifelong Physical Activity

- Analyze physical benefits.
- Determine cognitive benefits.
- Evaluate social & emotional benefits.

• Key Terms & Vocabulary: Lifelong Physical Activity, Advocate, Endorphins, Physical Health, Mental Health, Blood pressure, Heart Rate, Muscles

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Daily Learning Objectives with *Do Now Activities*

Students will be able to...

- Demonstrate the fundamentals of movement skills in relation to a specific sport. *****
- Determine and apply the proficient form in gameplay to the specific sport. *****
- Prepare and apply pre-game strategies/plays to create opportunities for team success. *****
- Adjust strategies mid match that will benefit the team outcome. *****
- Formulate a game plan with their team prior to each match. *****

EL Instructional Strategies/Differentiated Instruction

- Whole group instruction
- Checking for Understanding
- Demonstrations
- Handouts
- Video
- Peer Teaching
- Whiteboard with objectives, key terms/vocabulary
- Written feedback
- Think-pair-share and small-group discussions.
- Homework
- Word walls with visuals
- Small group instruction

Assessments

FORMATIVE ASSESSMENTS:

- Skill Pre-Assessment
- Do Now
- Student discussions and responses
- Exit Slips
- Accountable Talk Discussion
- Homework

SUMMATIVE ASSESSMENTS:

EU 1: Skill Cue Quiz Checklist & Rubric with teacher notes.

Unit Task: Create a Game

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Unit Task

Unit Task Name: Create a Game

Description: This performance task gives students the opportunity to explore and research why lifelong physical activity is important (EU 1). Students can choose an existing sport or create their own sport/activity. Students will then emphasize the physical, cognitive, and the social emotional benefits that result in participating in physical activity. Students will access valid information by finding reliable sources to support their findings. Students will present their new sport to the class.

Evaluation: Summative Assessment and Future Rubric in 2021-2022 school year

Unit Resources

- OPEN Physical Education
- SHAPE America-National Standards
- Connecticut State Physical Education Standards
- Video/Online Materials
- PE Central
- Kansas State Department of Physical Education