



Grade 4 PE Unit 2 - Health and Personal Fitness

Unit Focus

In this unit, students will participate in the Connecticut Fitness Assessment which is mandated by the State Board of Education, They will be introduced to and learn the health related components of fitness that are being measured through participation of the assessment. Through the use of the Physical Activity Pyramid students will reflect on activities that they do everyday (activity pyramid) that have an impact on their personal health. Emphasis will be placed on the variety of activities, including those that are not sport-related, that can provide opportunities for physical activity for the recommended 60 minutes a day. Various health topics will be introduced and students will make a connection between the foods they eat and their overall wellbeing. The Physical Activity Pyramid was designed to help people to live an active lifestyle, receive the performance and fitness benefits of regular exercise, reduce the health risks associated with inactivity, and reduce the injury risk associated with too much activity. As a result of this unit will be able to make connections to their personal health, the fitness assessment, and their everyday physical activities.

Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
Healthy and Balanced Living Curriculum Framework Health Education 3-5 - Identify situations which need a health-related decision. (DM 5.1.5) - Identify options and their potential outcomes when making a health-related decision. (DM 5.4.5) - Choose a healthy option when making a decision (DM 5.5.5) - Describe the final outcome of a health-related decision. (DM 5.6.5) - Identify resources that can help achieve a personal health goal. (GS 6.3.5) - Describe practices and behaviors that reduce or prevent health risks. (SM 7.1.5) - Demonstrate healthy practices and behaviors. (SM 7.2.5) - Make a commitment to practice healthy behaviors. (SM 7.3.5) Physical Education K-5 - Demonstrates the ability to analyze physical activity opportunities outside physical education class. (S3.E1.4) - Demonstrates the ability to actively engage in both teacher-directed and independent physical education class activities. (S3.E2.4) - Demonstrates the ability to identify the components of health-related fitness (S3.E3.4)	<i>Students will be able to independently use their learning to...</i> T1 Develop skills, knowledge, and concepts through practice and analysis of results.	
	Meaning	
	Understanding(s)	Essential Question(s)
	<i>Students will understand that...</i> U1 Positive decision making about health and fitness contributes to a healthy lifestyle. U2 Physical fitness improves the quality of one's life. U3 Students demonstrate various strategies when making decisions to enhance health. U4 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle.	<i>Students will keep considering...</i> Q1 Why is physical fitness important? Q2 How can I incorporate more physical fitness into my lifestyle? Q3 What strategies do I have to make health-enhancing decisions?
	Acquisition of Knowledge and Skill	
	Knowledge	Skill(s)
	<i>Students will know...</i> K1 that when offered options, choosing the healthy options is a good decision to improve their well-being. K2 practices and behaviors such as physical activity and choosing nutritious food are good for their health.	<i>Students will be skilled at...</i> S1 identifying situations which need a healthrelated decision. S2 choosing a healthy option when making a decision.

Stage 1: Desired Results - Key Understandings

- Demonstrates performance of warm-up and cool-down relative to the HealthRelated Fitness Components. (S3.E4.4)
- Demonstrates the ability to complete a variety of fitness assessments (pre and post). (S3.E5.4a)
- Demonstrate s ability to identify areas of needed remediation from personal test and, with teacher assistance, identify strategies for progress in those areas (S3.E5.4b)

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- Self-Awareness: Examining current performance critically to identify steps/ strategies to persist. (POG.4.1)

K3 there are many opportunities to engage in physical activity that are enjoyable and can easily fit into a person's lifestyle.

K4 there are physical activity opportunities outside of physical education class they can participate in such as hiking, walking, riding a bike, and playing outside with friends and family.

K5 the components of health-related fitness are flexibility, muscular strength and endurance, cardiorespiratory.

S3 demonstrating healthy practices and behaviors.

S4 demonstrating the ability to analyze physical activity opportunities outside physical education class.

S5 performance of warm-up and cool-down relative to the Health Related Fitness Components.

S6 demonstrating the ability to complete a variety of fitness assessments (pre and post).