Grade 5 PE Unit 2 - Health and Personal Fitness

Unit Focus

In this unit students will build upon prior knowledge and skills from grade 4 as they analyze physical activity outside of physical education classes.

Stage 1: Desired Results - Key Understandings

Standard(s)

Healthy and Balanced Living Curriculum Framework
Health Education 3-5

- Describe characteristics of accurate health information. (AI 3.1.5)
- 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)
- Set a realistic personal health goal. (GS 6.1.5)
- 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)
- State personal beliefs to improve the health of self and others. (AV 8.2.5)
- Demonstrate how to support self and others to make positive health choices. (AV 8.3.5)

Physical Education K-5

- Demonstrates the ability to chart and analyze physical activity outside physical education class for fitness benefits of those activities. (S3.E1.5)
- Demonstrates active engagement in all of the activities of physical education (S3.E2.5)
- Demonstrates the ability to differentiate between skillrelated and healthrelated fitness. (S3.E3.5)
- Demonstrates the ability to identify the need for warm-up and cool-down relative to various physical activities. (S3.E4.5)
- Demonstrates the ability to analyze results of fitness assessments (pre and post), comparing results to fitness components for good health. (S3.E5.5a)

Madison Public Schools Profile of a Graduate

Transfer

Students will be able to independently use their learning to...
T1 Develop skills, knowledge, and concepts through practice and analysis of results.

Meaning

Understanding(s)

Students will understand that...
U1 Physical fitness improves the quality of one's life.
U2 Positive decision making about fitness contributes to a healthy lifestyle.
U3 Individuals engage in stress reducing activities in order to maintain a balanced lifestyle.
U4 Students demonstrate various strategies when making decisions to enhance health.
U5 People develop self-confidence and self respect by identifying personal strengths and weaknesses and building upon them.

Essential Question(s)

Students will keep considering...
Q1 Why is physical fitness important?
Q2 How can I use information to make healthy decisions and to improve my overall wellbeing?
Q3 Do my actions and/or decisions have a negative or positive impact on myself or others?
Q4 How can I use my interests to increase my physical activity?

Acquisition of Knowledge and Skill

Knowledge

Students will know...
K1 personal health goals are best when they are realistic and specific to individuals.
K2 that when offered options, choosing the healthy options is a good decision to improve their well-being.

Skill(s)

Students will be skilled at...
S1 analyze results and set realistic personal health goals.
S2 identifying situations which need a healthrelated decision.

Stage 1: Desired Results - Key Understandings		
• Self-Awareness: Examining current performance critically to identify steps/ strategies to persist. (POG.4.1)	**K3** practices and behaviors such as physical activity and choosing nutritious food are good for their health. **K4** there are many opportunities to engage in physical activity that are enjoyable and can easily fit into a person's lifestyle. **K5** 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. **K6** the components of health-related fitness are flexibility, muscular strength and endurance, cardiorespiratory.	**S3** choosing a healthy option when making a decision. **S4** demonstrating healthy practices and behaviors. **S5** demonstrating the ability to analyze physical activity opportunities outside physical education class. **S6** performance of warm-up and cool-down relative to the Health Related Fitness Components. **S7** explaining how heart rate affects physical fitness. **S8** demonstrating the ability to complete a variety of fitness assessments (pre and post).