

# Unit 1: Health Enhancing Physical Activity

## Physical Education

8 Class Meetings

*Revised 2026*

### Essential Questions

- How does being physically active lead to a healthy life?

### Enduring Understandings with Unit Goals

**EU 1:** Lack of physical activity can have a negative impact on your overall health.

- Differentiate among the five health-related fitness components.
- Apply the five health-related fitness components in everyday life.

**EU 2:** Performing movement skills in a technically correct manner improves overall performance and increases the likelihood of participation in lifelong physical activity.

- Demonstrate correct techniques of body resistance exercises in correlation with the Connecticut State Physical Fitness Tests.
- Demonstrate moderate to vigorous aerobic physical activity that includes intermittent or continuous aerobic physical activity.

### 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.

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### Unit Content Overview

#### 1. Performing Health-Related Fitness Exercises

- Execute the pushup, curl up, pacer, and sit and reach assessments.

#### 2. Health Enhancing Physical Fitness Knowledge

- Differentiate between the Five Health Related Fitness Components
- Key Terms & Vocab: Maximum Heart Rate, Aerobic, Anaerobic, Oxygen, Dynamic & Static Stretching, Health Related Components of Fitness, Cardiovascular Endurance, Muscular Strength, Muscular Endurance, and Flexibility.

#### 3. Interdisciplinary Connection:

- Math: 90-degree angle, obtuse, acute angles
- Science: Basic human anatomy

### Daily Learning Objectives with *Do Now Activities*

#### Students will be able to...

- Demonstrate understanding of the five health-related fitness components\*\*\*
  - Do Now: Why do they call exercise “cardio”?
- Compare and contrast the state physical fitness tests with the correlating health related fitness component.
  - Do Now: Why do you think we do the physical fitness testing?
- Demonstrates the skill cues of the state physical fitness exams\*\*
  - Do Now: What is a skill cue and why are they important?
- Arrange activities/sports that are categorized into the health-related fitness components.
  - Do Now: What are your top 3 favorite sports/activities to play?
- Design a plan to improve on physical fitness scores.
  - Do Now: Describe your strengths and weaknesses of the fitness assessments. How do you plan on improving on your weaknesses?

### 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.

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- Word walls with visuals
- Small group instruction

### Assessments

#### **FORMATIVE ASSESSMENTS:**

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

#### **SUMMATIVE ASSESSMENTS:**

EU 1: Vocabulary Test

EU 2: State Physical Fitness Tests

### Unit Task

**Unit Task Name:** Connecticut Physical Fitness Assessment: Third Generation

Students will participate in the Connecticut State 3rd Generation Physical Fitness Assessments. Students will participate in the P.A.C.E.R. test, 90 degree Push up test, Back Saver Sit and Reach, and the Curl up Test. Each student will have their own score based on age and gender for each test.

**Description: Evaluation:** Summative Assessment scores for each student in Grades 4, 6, and 8, are entered into Power School Fitness to be uploaded to the state of Connecticut.

### Unit Resources

- Connecticut 3rd Generation State Physical Fitness Assessments
- SHAPE America-National Standards