

Physical Education: Physical Fitness/Health Related Fitness Grades K-5					
Content & Substance What Students will know and be able to do					
Essential Questions	Content	Skills	Organization of Knowledge Recommended Lessons with Supporting Resources	Sunshine State Standards Addressed & Mastery Level Indicator Introduce - I Reinforce – R Master – M Essential Benchmarks tested on the FCAT are italicized	Clear & Compelling Standards Assessment
Semester Physical Fitness					
Why is it important to follow the safety rules when exercising?	The student demonstrates responsible personal and social behavior during the physical fitness	The teacher will conduct classroom discussion about safety. Removal of all discernible hazards.	Understands and applies safety rules and strategies while participating in the physical fitness unit.	PE.B.2.3.3. PE.B.2.4.1	<u>Recommended:</u> Written Test Task Card Class presentation of the rules.

<p>Why is it important to lead a physical active lifestyle?</p>	<p>unit.</p> <p>The student analyzes the benefits of regular participation in physical activity.</p>	<p>Follow direction and do the exercise properly.</p> <p>The student knows the potential fitness benefits of various activities.</p>	<p>Achievement of the benchmark may be demonstrated when the student is able to discuss the types of physical activity that improve their personal fitness level.</p>	<p>PE.A.3.3.1. PE.A.3.3.2.</p>	<p>Physical Fitness Test Health Related Fitness Test County Fitness Test</p>
<p>What are the three training principles?</p>	<p>The student will be introduced to the: Principles of Overload Progression Specificity</p>	<p>The student knows the potential benefits of various activities.</p>	<p>Introduce the students to the Principles of Overload, Progression and Specificity.</p>	<p>PE.A.3.3.1</p>	<p>Written Test Task Card</p>
<p>How will you pursue a physically active lifestyle?</p>	<p>The student knows what community resources related to fitness is available.</p>	<p>The teacher orients the students to community</p>	<p>Achievement of the benchmark may be determined when the students completes an activity log.</p>	<p>PE.A.3.3.3.</p>	<p>Activity Log Student survey.</p>

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