

4th Grade
Fitness & Health Concepts
Components of Fitness

1st Trimester

Description: Students will learn about the 5 Components of Fitness

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Applies locomotor, non-locomotor manipulative, balance, and rhythmic skills in traditional and non-traditional activities that contribute to movement proficiency.</p> <p>PS 1.1.5: Analyzes movement concepts.</p> <p>PS 1.2.1: Analyzes safety rules and procedures in a variety of physical activities necessary to maintain a safe-learning environment.</p> <p>PS 1.2.2: Applies social skills necessary for effective participation in physical activities.</p>	<p>Students:</p> <ul style="list-style-type: none"> -identify the Components of Fitness and corresponding Fitness Tests -explain how the Components of Fitness connect to lifetime activities and give examples of those they have or will participate in <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *4th Grade Components of Fitness Summative Assessment *Daytona 500 *Fitness Component Check-Off Activity *Component-Specific 	<ul style="list-style-type: none"> *PE Metrics Rubrics (link) *www.pecentral.com *JD Hughes’ Books: “No Standing Around in My Gym: Lesson Plans, games, and teaching tips for elementary physical education” and “PE2theMax: Maximize Skills, Participation, Teamwork, and Fun” *“Project Adventure: Achieving Fitness: An Adventure Activity Guide” *“NASPE Physical Best Activity Guide- Elementary Level” 	<ul style="list-style-type: none"> • Cardiovascular • Muscular Strength • Muscular Endurance • Flexibility • Body Composition <p>Click here for a comprehensive glossary of Fitness & Health vocabulary terms.</p>

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.2.3: Applies strategies necessary for effective participation in physical activities.</p> <p>PS 1.3.1: Applies and analyzes components of health-related fitness.</p> <p>PS 2.1.1: Understands dimensions and indicators of health.</p> <p>PS 2.2.1: Understands the structure and function of body systems.</p>	<p>Activities</p> <p>*Fitness Component Bingo</p>	<p>*“Adventure Curriculum for Physical Education-Elementary Curriculum”</p> <p>*“PE Connections-Helping Kids Succeed Through Physical Activity” by Fleming and Bunting</p>	

Curriculum Guide:

- The curriculum guide gives an overview of the entire year.
- The curriculum guide provides a look at the learning targets and resources for a larger audience, therefore learning targets and description of evidence may be summarized with less detail.
- The curriculum guide is a public document on the district website.
- The curriculum guide answers the question – *What does a student learn in this course/content over the course of a year?*