

6th Grade
Fitness & Health Concepts
Components of Fitness

1st Trimester

Description: Students will expand their learning about the 5 Components of Fitness.

Standards	Assessment/ Student Evidence	Resources	Academic Vocabulary
<p>PS 1.1.1: Demonstrates fundamental motor skills and complex motor skills that contribute to movement proficiency.</p> <p>PS 1.1.5: Demonstrates understanding of movement concepts.</p> <p>PS 1.2.1: Understands safety rules and procedures in a variety of physical activities: Individual, dual/team, and lifetime activities.</p> <p>PS 1.2.2: Applies social skills and strategies necessary for effective participation in physical activities.</p>	<p>Students:</p> <ul style="list-style-type: none"> -identify and explain the Components of Fitness -apply Components to different lifelong activities -distinguish between the 5 components and how they are connected to Fitness Tests <p style="text-align: center;">Activities that Support Assessment:</p> <ul style="list-style-type: none"> *6th Grade Components of Fitness Summative Assessment *Create-A-Game *Components of Fitness Bingo *Check-Off Game *Card Game Match *Circuit Training 	<p>*PE Metrics Rubrics (link)</p> <p>*www.pecentral.com</p> <p>*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"</p> <p>*"Project Adventure: Achieving Fitness: An Adventure Activity Guide"</p> <p>*"NASPE Physical Best Activity Guide- Elementary Level"</p>	<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 1.3.1: Understands components of health-related fitness.</p> <p>PS 2.1.1: Recalls the dimensions of health and relates to personal health behaviors.</p> <p>PS 2.2.1: Understands structure and functions of body systems.</p> <p>PS 2.3.2: Understands skills that prevent and control non-communicable diseases.</p>	<p>*Fitness Testing, goal-setting including logging and categorizing outside-of-school activities</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?*