

Week 1

Massachusetts Performance Standards

The students will: 2.11 – Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.
2.12 – Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.
2.13 – Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

UNIT – PHYSICAL FITNESS

1. Flexibility
2. Muscular Endurance

Objectives (Students will...)

1. Students will be able to meet the *Presidential Physical Fitness Award* standard for flexibility in the sit-and-reach test.
2. Students will be able to meet the *Presidential Physical Fitness Award* standard for muscular endurance and abdominal strength in the curl-ups test.

Essential Question

1. What are the health benefits of improved flexibility?
2. What are the health benefits of improved muscular endurance?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Concepts and Principles of Physical Education by Bonnie Mohnsen
2. Sit-and-reach box
3. Gym mats

Media and Technology Resources

1. Stopwatch

Evaluation/Activities

Lecture/Demonstration: Sit-and-reach and curl-ups tests.
Class work: Warm-up and taking of the tests.
Homework: None
Review: None
Quiz: None

Lesson Completion Date: 11-6-09

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 2

Performance Standards

The students will: 2.11 – Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.
2.12 – Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.
2.13 – Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

Unit/Topic/Lesson
UNIT – PHYSICAL FITNESS

1. Muscular Strength

Objectives

1. Students will be able to meet the *Presidential Physical Fitness Award* standard for muscular strength in the flexed-arm hang test or the pull-ups test.

Essential Question

1. What are the health benefits of improved muscular strength?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Concepts and Principles of Physical Education by Bonnie Mohnsen
2. Pull-up bar

Media Resources

1. Stopwatch

Evaluation/Activities

Class work: Flexed-arm hang or pull-ups test.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 11-13-09

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 3

Performance Standards

The students will: 2.11 – Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.
2.12 – Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.
2.13 – Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

Unit/Topic/Lesson
UNIT –PHYSICAL FITNESS

1. Agility
- 2.

Objectives

3. Students will be able to meet the *Presidential Physical Fitness Award* standard for speed and agility in the shuttle-run test.

Essential Question

1. What are the health benefits of improved agility?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills
3. Motor skills.

Teacher Resources

1. Concepts and Principles of Physical Education by Bonnie Mohnsen
2. Shuttle-run kit

Media Resources

1. Stopwatch

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 11-20-09

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

Week 4

Performance Standards

The students will: 2.11 – Apply basic principles of training and appropriate guidelines of exercise to improve immediate and long-term physical fitness.
2.12 – Participate in activities that promote physical fitness, decrease sedentary lifestyle, and relieve mental and emotional tension.
2.13 – Explain the personal benefits of making positive health decisions and monitor progress towards personal wellness.

Unit/Topic/Lesson
UNIT – PHYSICAL FITNESS

1. Cardiovascular Endurance

Objectives

1. Students will be able to meet the *Presidential Physical Fitness Award* standard for cardiovascular endurance in the mile-run test.

Essential Question

1. What are the health benefits of improved cardiovascular endurance?

Mission and Expectations

1. Critical thinking skills.
2. Problem solving skills.
3. Motor skills.

Teacher Resources

1. Concepts and Principles of Physical Education by Bonnie Mohnsen
2. Outdoor track

Media Resources

1. Stopwatch

Evaluation/Activities

Class work: To be done on each topic/concept as needed for understanding.
Homework: None
Review: All weekly concepts.
Quiz: None

Lesson Completion Date: 11-27-09

Technology Used/ Date Used: NA

Completed By: Belmonte PE Department

Comments:

