

<b>UNIT OF STUDY:</b> Physical Fitness
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**I Can statements:**

I can keep my body healthy with exercise.  
I can set personal fitness goals.  
I can practice exercises to increase my fitness level.

**Essential Vocabulary:**

Exercises  
Flexibility  
Strength  
Stretch  
Endurance  
Goals  
Movement  
pace

**Target Skills:**

Endurance run  
Sprint run  
push-ups/modify  
curl-ups/modify  
stretching/flexibility

**Essential Concepts:**

Fitnessgram 3-5  
Strength exercises  
Flexibility options  
Endurance exercises  
Locations of pulse  
Increase heart rate

GRADE LEVEL	TEKS
K	1.A,B,C,D,F 2. A,B 3.A,B,C,D,E 4. A,B,C 5.A,B,C 6.A,B 7.A,B,C
FIRST GRADE	1. A,B,C,D,F 2. A,B 3.A,B,C,D 4.A,B,C,D,E 5.A,B 6.A,B 7.A,B,C
SECOND GRADE	1.A,B,C,D,E,F 2.A,B 3.A,B,C,D 4.A,B,C,D,F 5.A,B 6.A,B 7.A,B
THIRD GRADE	1.A,B,C,D,E,G,I 2.A,B 3.A,B,C,D,E 4.A,B,C,D 5.A,B,C,D,E 6.A,B 7.A,B,C
FOURTH GRADE	1.A,,C,D,E,F,G,H 2.A,B,C,D 3.A,B,C,D,E,F 4.A,B,C,D,F,G,H,I 5.A,B,D 6.A,B 7.A,B,C,D
FIFTH GRADE	1.A,B,C,D,G,L 2.A,B,C 3.A,B,C 4.A,B,C,D,

	5.A,B,C,D 7.A,C
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ACTIVITIES AND RESOURCES
<a href="#">Fitnessgram Testing</a>  <a href="#">Reminders</a>