

Unit/Topic Title: **Health and Fitness**

Estimated Time (When): **N/A**

**Standard(s):**

1. Movement Competence and Understanding
2. Physical and Personal Wellness
3. Emotional and Social Wellness
4. Prevention and Risk Management

**Prepared Graduates:**

- Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities
- Achieve and maintain a health-enhancing level of physical fitness
- Exhibit responsible personal and social behavior that respects self and others in physical activity settings
- Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury

**Grade Level Expectation: Second Grade**

**Concepts and skills students master:**

- Use feedback to improve performance (1.3)
- Recognize the importance of making the choice to participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside of physical education class (2.1)
- Identify good brain health habits (2.2)
- Demonstrate positive and helpful behavior and words toward other students (3.1)
- Apply rules, procedures, and safe practices to create a safe school environment with little or no reinforcement (4.1)

Evidence Outcomes	21st Century Skills and Readiness Competencies
<p><b>Students can:</b></p> <ul style="list-style-type: none"> <li>• Use self feedback to identify strengths and weaknesses as well as modifications that need to be made to improve the performance of a skill or physical movement (1.3.a)</li> <li>• Use instructor feedback to identify strengths and weaknesses as well as</li> </ul>	<p><b>Inquiry Questions:</b></p> <ul style="list-style-type: none"> <li>• Why is water essential for the body?</li> <li>• When trying to improve skills, is it better to correct weaknesses or expand on strengths? Why?</li> <li>• Which health habit is most important? Why?</li> <li>• What are the advantages of instructor feedback over self feedback?</li> <li>• What is the relationship between enjoyment and wellness when choosing activities to participate in?</li> </ul>

modifications that need to be made to improve performance of a skill or physical movement (1.3.b)

- Identify methods to keep the brain healthy and ready to learn (1.3.c)
- Identify brain-healthy foods (1.3.d)
- Describe the role of water as an essential nutrient for the body and brain (1.3.e)
- Correctly identify activities and the locomotor, nonlocomotor, and manipulative skill involved (2.1.a)
- Identify activities enjoy the most, and connect success with enjoyment of activity (2.1.b)
- Explain the fuel requirements of the body during physical activity and inactivity (2.2.a)
- Identify healthy food choices to fuel the body (2.2.b)
- Determine the proper amount of sleep to get every night (2.2.c)
- Identify changes in the body during exercise and how that makes you feel (2.2.d)
- Identify feelings resulting from challenges, successes, and failures in physical activity (2.2.e)
- Describe how positive social interaction can make physical activity with others more fun (3.1.a)
- Participate in a variety of group settings without distracting behavior (3.1.b)

- How does the ability to successfully perform various movements encourage increased participation in activities for enjoyment?
- What are your favorite healthy snacks?
- How do you face challenges, overcome failures, and celebrate successes in physical activity?
- Do you feel better or worse when you get a lot of sleep at night? Why?
- Why should you be polite when playing in a group physical activity?
- Why is it important to have good behavior, especially when in a group setting?
- Is it easier or harder to work with peers to complete a task? Explain.
- How can you encourage someone who is shy to participate in a physical activity?
- What is a safety rule for running?
- If you could implement only one safety rule for the gymnasium, what would it be?
- How are safety rules the same for the playground and gym? How are they different?
- Why is personal space even more important when you are using implements?
- What is the proper way to play with a baseball bat?

**Relevance and Application:**

- Individuals examine the effects of limited water consumption after playing or doing yard work on a hot day.
- Individuals value physical activity for a lifetime. For example, they might take an interest in outdoor activities.
- Individuals photograph their favorite physical activities.
- Individuals know the link between good nutrition and physical activity for being healthy.
- Individuals ask their parents about healthy foods.
- Individuals identify healthy foods on television or billboards.
- Individuals experience a wide range of positive emotions and feelings through physical activity.
- Individuals create a video demonstrating a wide range of emotions during physical activity.
- Individuals encourage friends or peers.
- Individuals avoid injury when participating in a wide range of physical activities.
- Individuals make time for participation in activities outside of school hours.

- Encourage others by using verbal and nonverbal communication (3.1.c)
- Maintain safety within personal space while using implements (4.1.a)
- Follow safety rules in the gymnasium and on the playground (4.1.b)

**Nature of Physical Education:**

- Keeping the brain healthy keeps the body healthy.
- Understanding the important relationship between the brain and its impact on physical performance and academic learning is integral in the development of the whole child.
- Physical activities involve locomotor, nonlocomotor, and manipulative skills.
- The more one performs physical activities, the more success and fun he or she will have doing them.
- Physical activity affects overall health and fitness.
- Taking responsibility for one's own health is an essential step toward developing and maintaining a healthy, active lifestyle.
- Food choices affect overall health and fitness.
- Successful participation in physical activity requires cooperation with others.
- Group physical activities should be fun for everyone participating.
- Paying attention to safety can prevent injuries.
- Understanding safety rules for games can lead to greater enjoyment when playing them.

**Essential Vocabulary**

Exercises, strength, muscles, physical activity, endurance, challenges, success, failures, space, rules, responsibility, game, personal space, feedback, fuel, enjoyment, wellness

**Assessments**

- [Food Group Balance Assessment](#)
- Five for Life Basic Notebook
  - p 2.1.9 (Informal Assessment)
- WELNET
  - Hydration Log
  - Nutrition Log
  - Assessment Module

**Instructional Resources**

- Five for Life Basic Notebook
  - p 2.1-2.1.9
- choosemyplate.gov
- pecentral.org
- peuniverse.com
- perocks.com
- Elementary PE Blog: <https://blogs.svvsd.org/svvsdelempe/>
- WELNET: Fitness Module