

Physical Education Brunswick School Department
Grade 6
Physical Fitness Activities and Knowledge

Essential Understandings	<ul style="list-style-type: none"> There are proper warm-up, conditioning, and cool-down techniques and reasons for using them. It is necessary to be physically active outside of the school setting in order to be healthier.
Essential Questions	<ul style="list-style-type: none"> How does one properly warm-up? How does one properly condition? How does one properly cool-down? What types of physical activities can a student do outside of school?
Essential Knowledge	<ul style="list-style-type: none"> A complete work-out: warm-up; conditioning; cool-down are part of physical fitness. Physical activities done outside of school which will contribute to healthier students. Monitoring heart rate before, during, and after activity is important in a fitness workout. Activities designed to improve and/or maintain muscular strength, muscular endurance, flexibility, cardiovascular endurance, and body composition are an important part of a fitness routine.
Vocabulary	<ul style="list-style-type: none"> <u>Terms:</u> <ul style="list-style-type: none"> Warm-ups; conditioning; cool-down; heart rate; muscular strength; muscular endurance; flexibility; cardiovascular endurance; body composition.
Essential Skills	<ul style="list-style-type: none"> Demonstrate exercises that can be utilized in warm-ups and cool-down phases of an exercise program. Demonstrate conditioning exercises. Demonstrate how to use a heart rate monitor: pre-during-post physical activity.
Related Maine Learning Results	<p>H. Physical Fitness Activities and Knowledge Students demonstrate and apply fitness concepts.</p> <p>H1. Fitness Assessment Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals.</p> <p>H3. Fitness Activity Students participate in physical activities that address personal fitness goals for the health-related fitness components including flexibility, cardiovascular endurance, muscular endurance, muscular strength, and body composition.</p>
Sample Lessons And Activities	<ul style="list-style-type: none"> Students learn how to choose warm-ups and lead classmates before activity of the day. Students are taught how to take heart rates. Students demonstrate how to cool-down at the end of class by choosing and performing individual exercises. Students are taught the proper use of fitness room machines and equipment and are then allowed to rotate through areas to gain

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	understanding of their uses.
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Observe students during warm-ups, conditioning, and cool-down for proper techniques. ▪ Observe students in the fitness room for proper use of machines and equipment.
Sample Resources	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>Complete Physical Education Plans For Grades 7-12</u> – Kleinman ○ <u>Physical Education for Children</u> – Lee, Thomas, Thomas ○ <u>Student-Centered Physical Education</u> – Smith, Cestaro ○ <u>PE Games & Activities Kit</u> – Ken Lumsden ○ <u>President's Council on Physical Fitness Manual</u> – US Government pamphlet. ▪ <u>Websites:</u> ▪ www.pecentral.org