

Physical Education Brunswick School Department
Grade 7
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. ▪ Time and effort are prerequisites for skill improvement and fitness benefits. ▪ There are principles of training and conditioning for physical activity that require implementation. ▪ There are benefits that are developed from participating in a variety of physical activities.
Essential Questions	<ul style="list-style-type: none"> ▪ What are some basic principles of training and conditioning? (FITT) ▪ What are some benefits of physical activity? ▪ What are time and effort necessary to improve skill and fitness levels?
Essential Knowledge	<ul style="list-style-type: none"> ▪ The FITT principle can be used to complete a workout. ▪ Developing a SMART fitness goal is an important part of a fitness program. ▪ There are physiological and psychological benefits of physical activity.
Vocabulary	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ FITT (frequency, intensity, time, type) ○ SMART goal ○ Physiological ○ Psychological
Essential Skills	<ul style="list-style-type: none"> ▪ Write a SMART fitness goal using the FITT principle. ▪ Describe physiological and psychological benefits of physical activity.
Related Maine Learning Results	<p>H. Physical Fitness Activities and Knowledge Students demonstrate and apply fitness concepts.</p> <p>H2. Health-Related Fitness Plan Students design a fitness program from established goals which addresses the five health-related fitness components and applies the frequency, intensity, time, and type (FITT) guidelines.</p> <p>H4. Physical Activity Benefits Students describe physiological responses and physical, mental/intellectual, emotional, and social benefits related to regular participation in physical activity.</p>
Sample Lessons And Activities	<ul style="list-style-type: none"> ▪ Students, through posters, are taught FITT principles and then allowed to work-out using any fitness machines or equipment. ▪ Students, through warm-ups, physical activity, and cool-down are asked to take heart rates to learn about resting, target, and recovery heart rates.

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	<ul style="list-style-type: none"> ▪ Students are asked to think about a fitness goal and next class will be required to write a SMART goal.
Sample Classroom Assessment Methods	<ul style="list-style-type: none"> ▪ Observe and record students RHR (resting heart rate), MHR (maximum heart rate), THR (target heart rate), and RCHR (recovery heart rate) ▪ Observe students using fitness room machines and equipment for FITT principles.
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 – Kleinman</u> ○ <u>Physical Education for Children – Lee, Thomas, Thomas</u> ○ <u>Student-Centered Physical Education – Smith, Cestaro</u> ○ <u>PE Games & Activities Kit – Ken Lumsden</u> ○ <u>President's Council on Physical Fitness Manual – US Government pamphlet.</u> ▪ <u>Websites:</u> ▪ www.pecentral.org