

A photograph of gym equipment on a wooden floor. On the right is a large, dark blue, ribbed exercise ball. In the center and left are several black dumbbells of various sizes. In the bottom left corner is a white water bottle with a green cap. The text 'Unified PE' is overlaid in the center in a white, outlined font.

# Unified PE

**Day 3: Introduction to Physical Fitness**

# Agenda

## What are we doing today?

- Review Learning Goal
- Review Vocabulary
- Warm up: Go Find Something
- Activity: Dice Fitness
- Cool Down: Stretching
- Exit Ticket

## Future classes:

- Come ready to have fun and move!
- Additional workouts will be posted online



## Learning Goal:

I can work hard at home  
to improve my physical  
fitness

# Vocabulary

- **Fitness**: the condition of being physically strong and healthy
  - There are 5 components of fitness

Brain Bites - Components of Fitness

## Warm-up: Go Find Something

**Directions:** Teacher will tell you what to find, you will bring it back to show the class

**\*\*Object MUST be appropriate to show on camera**

# Warm-up: Go Find Something

**BLUE**

**SQUARE**

**HEAVY**

**SMALL**

**ROUND**

**SOFT**

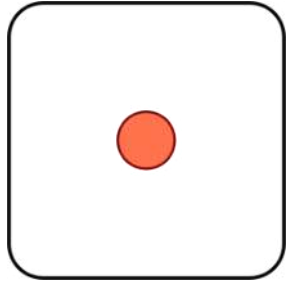




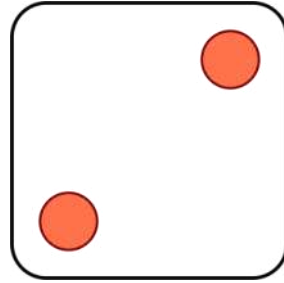
# Activity: Dice Fitness

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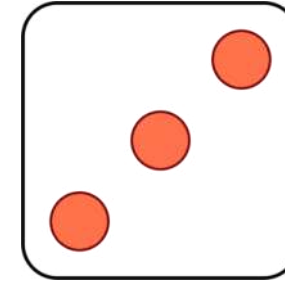
**Directions:** Teacher will roll a dice and students will participate in the exercise for 20 seconds



**PUSH UPS**  
Muscular  
Endurance



**HIGH  
KNEES**  
Cardio

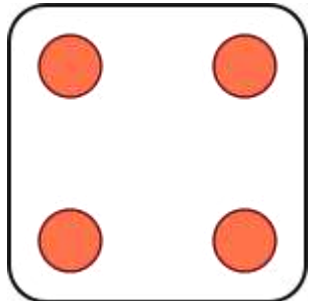


**SQUAT**  
Muscular  
Strength

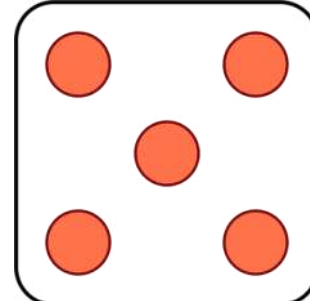


**BODY WEIGHT SQUAT**

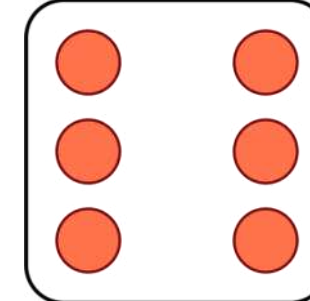
**OSU** INSTIT  
TECHN



**JUMPING  
JACKS**  
Cardio



**CURL UPS**  
Muscular  
Endurance



**BUTT  
KICKS**  
Cardio





# COOL DOWN AFTER WORKOUT



Cool Down:  
Stretching

Watch and  
copy your  
teacher 😊

A large, irregular orange watercolor splash or blotch serves as the background for the text. It has a textured, painterly appearance with various shades of orange and some darker spots. The splash is centered on a white background.

# Exit Ticket

Link will be available in the  
announcements this afternoon.