

Physical Education

1. Day #1

Title: Physical Fitness and You

Lesson: Students will review fitness and exercise terms in this lesson.

Assessment: Students will create a fitness word search.

O.P.E.S.4.B Understand the principles, components and practices of health-related physical fitness.

2. Day #2

Title: Physical Fitness IQ

Lesson: Students will learn key fitness terms in this lesson.

Assessment: Students will complete a crossword puzzle and answer several short answer essays.

O.P.E.S.4.B Understand the principles, components and practices of health-related physical fitness.

3. Day #3

Title: Let's Get Physical!

Lesson: This activity teaches students about the types of physical activities. In addition, the lesson identifies physical activities into one of three categories: 1. Light, 2. Moderate or 3. Vigorous.

Assessment: Students will read a passage and answer questions on a worksheet.

O.P.E.S.4.B Understand the principles, components and practices of health-related physical fitness.