



PS89Q 2nd-3rd FITNESSGRAM/Fitness

Physical Education



Grade: 2nd & 3rd **Unit:** 2 **Time Frame:** November-December

Essential Question: What effects do fitness activities have on the body?

Focus Questions: (What is my child thinking about?)

- Why is exercise important?
- Why is it important to do focused breathing after engaging in exercise?
- Why is it important to check your heart rate during activity?
- Why is it important to drink water during activity?
- What does exercise do to our bodies?

Student Outcomes: (What can my child do after this unit is over?)

- To understand a variety of fitness activities that they can engage in outside of school, with no equipment.
- A correct push up and curl up, following all of the proper cues.
- Collecting their own fitness data, using technology (ipad).
- Able to assess themselves based on their strengths, and weaknesses.
- Work well with others in fitness stations.

Performance Tasks: (End-of-Unit task)

- Students will have collected data on different fitness activities (push ups, curl ups, box jumps, jump rope, balancing) using google forms on the ipad.
- Students will be able to perform different fitness activities, using all of the proper teaching cues.
- Students will be able to self-assess their strengths and weaknesses for different fitness activities learned throughout the unit.

Formative Assessment:

- Students assessed how tired they were on our perceived exertion scale (1-10 based on how tired they were after engaging in the activity).
- Students used the thumbs self assessment scale to describe how they felt after learning a new activity in the (2 thumbs up= I understand, 1 thumb up= I am starting to understand, but need more practice, a fist= I need more help understanding).
- Students will fill out a google form for different fitness activities based on how many they completed in the station. They will be able to track their data on a weekly basis.

Modifications:

2nd Grade:

- Students will be able to perform modified pushups (push up position with 1 hand on the floor and 1 hand extended to their chest).
- Students will have a limit on the amount of boxes (up to 2) they can use when doing box jumps.
- Students will use one hula-hoop.
- Students will have a selected time (30 sec) duration for wall sits and planks.

3rd Grade:

- Students will be able to perform a regular non-modified push up.
- Students will be able to add more boxes (up to 3) during the box jump.
- Students can add more hula-hoops (up to 2).
- Students can add more resistance to different fitness activities.
- Students can perform wall sits and planks for longer durations (1 minute).