

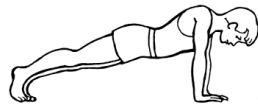
PS89Q K-1st

Fitness

Physical Education

Grade: K & 1 **Unit:** 3 **Time Frame:** January

Essential Question: Why is it important to exercise?



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

- Why is exercise important?
- Why is it important to do yoga breathing and stretching after engaging in exercise?
- Why is it important to drink water?
- What does exercise do to our bodies?

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

- Understand a variety of fitness activities that they can engage in outside of school, with no equipment.
- Work well with others in fitness stations.
- Perform various exercises safely with proper form.
- Able to assess themselves based on their strengths and weaknesses.

Performance Tasks: (End-of-Unit task)

- Students rotate through all of the stations safely.
- Students can perform the learned exercises at a variety of difficulty levels.
- Students can choose to perform a skill at their level of ability or challenge themselves.
- Students will be able to self assess their strengths and weaknesses for different fitness activities learned throughout the unit.

Formative Assessment:

- 1) Assessment at the beginning of each lesson that brings together the previous lesson's teaching points with the current lessons teaching points (Turn and talk).
- 2) Students assessed how tired they were on our perceived exertion scale (1-3 based on how tired they were after engaging in the activity).
- 3) Self-assessment throughout the lesson by using a thumbs up (I understand and I know what to do), and a thumbs sideways (I'm not sure what to do please explain further)
- 4) Assessment during the lesson while following the lessons rubric. Will be recorded in the gradebooks.
- 5) Self assessment throughout the activities based on a scale of 1,2, or 3. The iPad will be used to record the data (picture)

Modifications

Kindergarten	First Grade
Visuals by using station cards Demonstration for each new exercise Opportunity to increase or decrease difficulty level of exercises	Visuals by using station cards Demonstration for each new skill Opportunity of options to increase of decrease difficulty level Time duration of stations may be longer

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