

FAYETTE COUNTY PUBLIC SCHOOLS

Unit Framework for Physical Education – 3-5

Unit (Number)	Orientation						
<p>Big Ideas What enduring understandings are essential for application to new situations within or beyond this content?</p>	<p>Students learn the components of fitness and how to categorize activities based on fitness components. A primary outcome associated with fitness in elementary physical education is that students can identify activities or exercises they enjoy in each category.</p> <p>Challenge is an essential component of learning. Juggling is a unique activity for most students and thus offers many challenges. This provides an excellent environment for encouraging students to overcome those challenges to improve their juggling skills.</p>						
<p>Essential Questions What questions will provoke and sustain student engagement while focusing learning?</p>	<p>What are the components of fitness? What are two activities that improve each component of fitness? How do you overcome challenges while learning a skill?</p>						
<p>Power Standards Which standards provide endurance beyond the course, leverage across multiple disciplines, and readiness for the next level?</p>	<p>Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.</p> <p>Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.</p>						
<p>Supporting Standards Which related standards will be incorporated to support and enhance the enduring standards?</p>	<p>3.3.PF2. Identify the components of health related fitness. 3.5.C1. Discuss the challenge that comes with learning new activities. 4.3.PF2. Identify physical activities that improve the components of health related fitness. 4.5.C1. Rate the enjoyment of participating in challenging and mastered physical activities. 5.3.PF2. Identify the benefits associated with developing and maintaining health-related fitness. 5.5.C1. Express the enjoyment and/or challenge of participating in a physical activity.</p>						
<p>Essential Vocabulary What vocabulary must students know to understand and communicate effectively about this content?</p>	<table border="0"> <tr> <td>Fitness</td> <td>Components</td> <td>Categorize</td> </tr> <tr> <td>Challenge</td> <td>Overcome</td> <td></td> </tr> </table>	Fitness	Components	Categorize	Challenge	Overcome	
Fitness	Components	Categorize					
Challenge	Overcome						
<p>Cross Curriculum Connections Are there opportunities to make connections to other disciplines (standards and curriculum programs)?</p>	<p>Math – Skip counting, Shape recognition LA – Reading signs, prepositions Science – Base of support, Balance</p>						
<p>Assessing Learning How will you know when students have learned? How do you know students have successfully met the learning intention?</p>	<p>https://www.dynamicpeasap.com/assets/media/assessments/DPE-3-10-Juggling%20Skills%20and%20Pyramids-SA5.pdf</p>						
<p>Instructional Strategies and Other Resources</p>	<p>https://www.dynamicpeasap.com/dynamic-pe-plans/YM86EZ</p>						
<p>**Each Unit Framework guides planning and delivery of instruction. An Instructional Planning Companion tool to guide instructional planning (Unit/Lesson Plans) can be found on the Curriculum Platform.</p>							

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