

Schiller Park District 81 Curriculum Map

Teacher's Name: Dunn

Year: 2009-2010

Grade Level: 4-5

Subject: P.E. Unit: Fitness

Building: Washington

	Essentials Question	Content	Skills	Assessment	Resources
Fitness	What are the benefits of maintaining fitness?	Fitness Testing	Muscular Endurance	<u>Informal</u>	Gym
	How do I maintain fitness(sustaining or improving)?	Fitness Stations	Muscular Strength	Checking carotid pulse for heart rate	Dyna-Bands
	<u>Heart Rate:</u>	Warm-ups	Cardiovascular Endurance	<u>Formal</u>	Dumbbells
	How do I measure my heart rate?	Cool-down	Flexibility	Written Test	Mats
	What is target heart rate zones?	Pedometer-Jog/Jump	Body Composition	Check Pedometers for total steps, kcal, distance	Pedometers
	<u>Fitness Levels:</u>	15min pedomter run		Check HR monitors	Heart-Rate Monitors
	How do I assess my individual fitness levels?	Body-Specific Days (leg day, arm day, etc.)			Stopwatches
	How do I use a pedometer and what are the benefits in using a pedometer?	Fitness Kickball			Chairs
		Hideout			Playground Balls
		Jump Rope for Heart			Gatorskin Balls
	Free-Choice Fitness Days			PACER CD	
	Fitness Logs			Cones	
	Setting Fitness Goals			Jump Ropes	
				Medicine balls	
				Z-balls	