

**TOWNSHIP OF FRANKLIN PUBLIC SCHOOLS  
PHYSICAL EDUCATION CURRICULUM  
GRADES 1 - 6 & SPECIAL EDUCATION  
SEPTEMBER 2006**

Introduction to Fitness

Students at each level should understand that warm-ups in the form of exercise help to develop fitness.

Through this unit, students will be able to:

- understand the meaning of fitness;
- know that there is a relationship to health, physical fitness, and a more productive life;
- execute the exercises in good form;
- use energy in each movement;
- increase the number of times each exercise is performed as the capacities of the students develop;
- strive for sustained effort without rest or pause between exercises;
- demonstrate each of the activities using the proper parts of the body;
- demonstrate with energy;
- move for a longer span of time to build endurance as each lesson requires repeated use of stunts;
- demonstrate each stunt trying to improve individual movement and endurance;
- understand the value of stunts for strength, coordination, and endurance;
- demonstrate added speed and endurance;
- understand why these activities make for improved fitness, discussion, and body awareness;
- execute the exercises in good form;
- increase the number of times each exercise is performed as fitness develops;
- develop overall fitness.

The Unit on Fitness is divided into the following categories:

Grade	Category
1-2 & S.E.	Fitness Activities, Fitness Games
1-4	Fitness Activities
3-6	Fitness Exercises, Fitness Activities, Fitness Knowledge Tips
5-6	Fitness Activities (The President's Challenge)
1-2 & S.E.	Fitness/Lifetime Activities
3-6	Fitness/Lifetime Activities