### Content Area: Comprehensive Health and Physical Education

**Standard: 2. Physical and Personal Wellness in Physical Education**

**Prepared Graduates:**
- Participate regularly in physical activity

### Grade Level Expectation: Fourth Grade

#### Concepts and skills students master:

3. Recognize the benefits derived from regular, moderate, and vigorous physical activity

#### Evidence Outcomes

<table>
<thead>
<tr>
<th>Students can:</th>
<th>21\textsuperscript{st} Century Skills and Readiness Competencies</th>
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</thead>
<tbody>
<tr>
<td>a. Explain how the five health-related fitness components (body composition, cardiovascular endurance, flexibility, muscular endurance, and muscular strength) affect ability to participate normally in everyday activities</td>
<td>Inquiry Questions:</td>
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<tr>
<td>b. Compare results of fitness testing to personal health status and ability to perform various activities</td>
<td>1. What is the role of fitness testing in overall wellness?</td>
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<td>2. Which specific activities might affect your body?</td>
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<td>3. How does physical fitness impact successful participation of a variety of activities?</td>
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<td>4. How would you go about improving your physical fitness?</td>
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<td>5. Why would you want to change the results of your physical assessment?</td>
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#### Inquiry Questions:

1. What is the role of fitness testing in overall wellness?
2. Which specific activities might affect your body?
3. How does physical fitness impact successful participation of a variety of activities?
4. How would you go about improving your physical fitness?
5. Why would you want to change the results of your physical assessment?

#### Relevance and Application:

1. Individuals record and analyze fitness test results using fitness testing software.
2. Individuals keep a chart of all physical activities, listing the amounts of time for each.
3. Individuals compare the five health-related physical components to car parts, and explain how they are similar.

#### Nature of Physical Education:

1. Participation in moderate to vigorous daily activity is important to lifelong health.
2. It is important to choose activities that will enhance wellness.