Unit 1: PT- Cadiovascular Fitness

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **September**
Length: **15 blocks**
Status: **Published**

Enduring Understandings

Technology can be used to efficiently measure and assess physical fitness using strength, endurance, flexibility as indicators.

Mind and body connections are dependent upon behavioral choices.

Lifelong health is determined by balancing nutrition and fitness.

Personal best is influenced by choices made in daily life.

Personal behavior impacts the ability to balance lifelong fitness.

Essential Questions

How do you measure one's physical fitness?

How do you maintain physical fitness?

Why is physical fitness important?

How can physical activity/sports provide a wide range of lifelong benefits?

How does physical education enhance total well-being—social, mental, emotional and physical?

How are strength and endurance different?

Why is it important to assess fitness levels?

Why is it important to understand your strength/endurance/flexibility levels?

How is physical fitness impacted by personal behavioral and respect at a higher level of maturity?

Content

Cardiovascular Fitness

Flexibility

Muscular

Interval

Agility

Cardiorespiratory Fitness

Ability to perform prolonged, large muscle, dynamic exercise at moderate to high levels of intensity

Benefits include:

Improved extraction of oxygen from blood to muscles

Improved cardiac functioning

Decreased resting heart rate and blood pressure

You can develop cardiorespiratory endurance through the following activities:

Walking

Jogging

Cycling

Aerobic dancing

Activities should be continuous, rhythmic, including large muscle groups, such as the legs

Skills

Use health data to make predictions about wellness and recommend behavior changes to improve lifelong wellness.

Discuss behaviors to enhance and support the optimal functioning of body systems.

Design and evaluate a nutrition plan for a healthy young adult considering cost, availability, nutritional balance, freshness, nutritional value, and culture

Resources

Stop watch, track

Pearson, Introduction to the Navy Junior Reserve Officer Training Corps, Wellness, Fitness and First Aid, Unit 5 - Chapters 1-10, Google Slides, Google Classroom, Google Docs,https://www.njrotc.navy.mil/curriculum.html

Standards

0xHPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
0xHPE.2.5.12.A	Movement Skills and Concepts
0xHPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
0xHPE.2.6.12	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
0xHPE.2.6.12.A.1	Compare the short- and long-term impact on wellness associated with physical inactivity.
0xHPE.2.6.12.A.4	Compare and contrast the impact of health-related fitness components as a measure of fitness and health.