

# Unit 3: PT- Muscular Endurance

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

## **Enduring Understandings**

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### **Essential Questions**

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How do I know if I am progressively getting physically fit?

How does physical fitness impact one's sense of wellbeing?

What personal behaviors allow one to maintain fitness for a lifetime?

How does one balance everyday life activities with fitness activities to maintain fitness for a lifetime?

How does following directions make one successful?

How does one get and stay fit?

What are the components of lifelong health?

### **Content**

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Muscular Endurance

Sedentary

Cardiovascular

Heart Disease

BMI

Nutrition

Diabetes

## Skills

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Big Idea: Cooperation, Work Ethic, Skills Development, Physical Fitness

## Resources

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Free weights, weight plates, weight bars, kettlebells, exercise mats, Rope

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

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- 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.