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

Essential Questions

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

Muscular Endurance

Sedentary

Cardiovascular

Heart Disease

BMI

Nutrition

Diabetes

Skills

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

Resources

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

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.