

# Unit 6 Muscular/Cardiovascular Endurance

Content Area: **Physical Education and Health**  
Course(s): **Physical Education/Health**  
Time Period: **March**  
Length: **3 weeks**  
Status: **Published**

## **Enduring Understandings**

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Muscular endurance is the conditioning of specific or targeted muscles.

Cardiovascular endurance is the body's ability to exert energy while participating in a physical activity.

## **Essential Questions**

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What muscular and cardiovascular activities can I do at individually to stay fit?

How does muscular endurance improve my cardiovascular endurance?

## **Skills**

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Demonstrates muscular strength, muscular endurance, and flexibility while performing simple activities.

Demonstrates cardiovascular endurance while performing activities.

## Standards

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HPE.2.6.2	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.2.A.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

## Assessments

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Muscular endurance through activities, skills, and strategies

Formative: Other Evidence:Other: Teacher Observation