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

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

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

How does muscular endurance improve my cardiovascular endurance?

Skills

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

Demonstrates cardiovascular endurance while performing activities.

Standards

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

Muscular endurance through activities, skills, and strategies
Formative: Other Evidence:Other: Teacher Observation