

# Unit 5 Muscular/Cardiovascular

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

## **Enduring Understandings**

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Muscular endurance builds cardiovascular endurance.

Muscular Endurance will improve my physical fitness.

In what ways can I enhance my muscular endurance?

## **Essential Questions**

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What are some cardiovascular activities that I could do at home?

## **Skills**

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Demonstrate muscular endurance during cooperative and recreational activities.

Demonstrate cardiovascular endurance during cooperative and recreational 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

Fitness and Physical Activity

HPE.2.6.2.A.1

Explain the role of regular physical activity in relation to personal health.

HPE.2.6.2.A.3

Develop a fitness goal and monitor progress towards achievement of the goal.

## **Assessment**

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Muscular & Cardiovascular endurance

Formative: Other Evidence: Other: Teacher Observation