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

Muscular endurance builds cardiovascular endurance.

Muscular Endurance will improve my physical fitness.

In what ways can I enhance my muscular endurance?

Essential Questions

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

Skills

Demonstrate muscular endurance during cooperative and recreational activities.

Demonstrate cardiovascular endurance during cooperative and recreational 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	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

Musculare & Cardiovascular endurance
Formative: Other Evidence:Other: Teacher Observation