Unit 4 Muscular/Cardiovascular

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

Enduring Understandings

Muscular/Cardiovascular endurance are important components of fitness.

Being physically fit assists you in all aspects of your life.

Cardiovascular/Muscular endurance can improve with activity through setting goals.

Essential Questions

Why are these two components of fitness important to my overall well being?

How will having good cardiovascular/muscular endurance help me?

What is an appropriate fitness goal for my fitness level?

Skills

Performance of activities that require sustained cardiovascular and muscular endurance

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

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

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.2	Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.
HPE.2.6.2.A.3	Develop a fitness goal and monitor progress towards achievement of the goal.

Assessments

Muscular endurance during cooperative or recreational activities

Formative: Other Evidence:Other: Teacher Observation