Unit 4 Muscular/Cardiovascular Endurance

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **February**
Length: **8 weeks**
Status: **Published**

Enduring Understandings

Muscular/Cardiovascular endurance are important components of fitness.

Various body systems are involved when performing activities that require muscular endurance/cardiovascular endurance.

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

Essential Questions

What body systems are working when I am performing activities that require cardio/muscular endurance?

Why do I succeed at some activities but not others within this unit?

How do these activities directly impact my fitness level outside of school?

How do I goal set appropriately to improve my own level of fitness?

Skills

Performance of various fitness based skills.

Recognition of the body system that corresponds to the component of fitness.

Appropriate goal setting

Understanding where fitness deficits exist , their impact, and how to correct them.

Standards

HPE.2.5.4	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.4.A	Movement Skills and Concepts
HPE.2.5.4.A.1	Explain and perform essential elements of movement skills in both isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.4.A.2	Use body management skills and demonstrate control when moving in relation to others, objects, and boundaries in personal and general space.
HPE.2.5.4.A.4	Correct movement errors in response to feedback and explain how the change improves performance.
HPE.2.5.4.A.CS2	Ongoing feedback impacts improvement and effectiveness of movement actions.
HPE.2.6.4	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.4.A	Fitness and Physical Activity
HPE.2.6.4.A.2	Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.
HPE.2.6.4.A.3	Develop a health-related fitness goal and track progress using health/fitness indicators.
HPE.2.6.4.A.4	Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.

Assessments

Muscular & Cardiovascular endurance during cooperative or recreational activities

Formative: Other Evidence:Other: Teacher Observation