Unit 6 Aerobic/Anaerobic Activities

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

Enduring Understanding

Aerobic and anaerobic activities are different but equally important.

Aerobic and anaerobic activities recruit different primary body systems to do the work.

Fitness can be achieved through many different activities.

Essential Questions

What body systems are responsible for my performance in these activities?

Why are both important with regard to my level of fitness?

What activities can I do to improve these two components of fitness?

Skills

Performance of various aerobic and anaerobic activities.

Understanding the difference between the two types of fitness activities.

Understanding which body system is primarily recruited to complete fitness tasks.

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.2.6.4	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.

Assessments

Demonstration of knowledge of the body systems and their role in performance of activities

Formative: Other Evidence:Other: Teacher Observation