Unit 4 Muscular/Cardiovascular Endurance

Content Area: **Physical Education and Health**
Course(s): **Physical Education/Health**
Time Period: **February**
Length: **6 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.2.5.6	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.6.A	Movement Skills and Concepts
HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.3	Create and demonstrate planned movement sequences, individually and with others, based on tempo, beat, rhythm, and music (creative, cultural, social, and fitness dance).
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.
HPE.2.6.6	All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.
HPE.2.6.6.A	Fitness and Physical Activity
HPE.2.6.6.A.2	Determine to what extent various activities improve skill-related fitness versus health-related fitness.
HPE.2.6.6.A.3	Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.
HPE.2.6.6.A.4	Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

Assessments

Muscular & Cardiovascular endurance during cooperative or recreational activities

Formative: Other Evidence:Other: Teacher Observation