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 Understandings

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.2.5.6	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.CS1	Understanding of fundamental concepts related to effective execution of actions provides the foundation for participation in games, sports, dance, and recreational activities.
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.CS1	Knowing and applying a variety of effective fitness principles over time enhances personal fitness level, performance, and health status.

Assessments

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

Formative: Other Evidence:Other: Teacher Observation