

# Unit 6 - Cross training for Fitness

Content Area: **Physical Education and Health**  
Course(s): **Sports Nutrition**  
Time Period: **December**  
Length: **4 Weeks**  
Status: **Published**

## **Transfer**

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## **Enduring Understandings**

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## **Essential Questions**

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## **Content**

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## **Vocabulary**

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## **Learning Objectives**

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## **Resources**

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## **Standards**

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