

Fitness II: Cardiovascular Endurance

ESTABLISHED GOALS:		
<u>Competencies:</u> - Students will demonstrate the ability to recognize that physical activity provides opportunities for enjoyment, challenge, self-expression, improved self-confidence, and positive social interaction in order to lead a healthy lifestyle. - Students will demonstrate the ability to analyze and summarize text and integrate knowledge to make meaning of discipline-specific materials. - Students will demonstrate the ability to produce coherent and supported writing in order to communicate effectively for a range of discipline-specific tasks, purposes, and audiences. - Students will demonstrate the ability to speak purposefully and effectively by strategically making decisions about content, language use, and discourse style. <u>Content Standards:</u> - SHAPE.1 Develops a variety of motor skills. - SHAPE.2 Applies knowledge related to movement and fitness concepts. - SHAPE.3 Develops social skills through movement. - SHAPE.4 Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity.	Transfer	
	Students will be able to independently use their learning to identify and maintain a healthy active lifestyle.	
	Meaning	
	ENDURING UNDERSTANDINGS Students will understand that... - participating in team settings promote tolerance, empathy, communication skills and accountability. - participating in competitive and recreational activities will help promote relationship building and lifelong fitness. - participating in individual physical activities, improves the quality of one's life.	ESSENTIAL QUESTIONS Does the building of cardiovascular endurance look the same for all people?
	Acquisition	
	Students will know... - that participating regularly in a cardiovascular training program will increase cardiovascular performance. - that cardiovascular training is an essential part of every exercise program, contributing to the loss or maintenance of weight and the building of endurance. - that HIIT increases the overall intensity of a workout. - the benefits of cardiovascular training include: improved heart health, increased metabolism, improved hormonal profile, improved recovery ability, and the management of diabetes	Students will be skilled at... - demonstrating competency in 2 or more specialized skills in health-related fitness activities. - investigating the relationships among physical activity, nutrition and body composition. - identifying the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). - adjusting pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self- monitor aerobic intensity. - developing and maintaining a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). - analyzing the components of skill-related fitness in relation to life and career goals, and designs an appropriate fitness program for those goals. - creating a snack plan for before, during and after

	<u>vocabulary:</u> <i>H.I.I.T, tabata, interval, ladder, cardiovascular</i>	<i>exercise that addresses nutrition needs for each phase.</i> ● <i>accepting differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media.</i> ● <i>choosing an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.</i>
Content Area Literacy Standards		21st Century Skills
RST.11-12.1 Cite specific textual evidence to support analysis of science and technical texts, attending to important distinctions the author makes and to any gaps or inconsistencies in the account. RST.11-12.2 Determine the central ideas or conclusions of a text; summarize complex concepts, processes, or information presented in a text by paraphrasing them in simpler but still accurate terms. RST.11-12.3 Follow precisely a complex multistep procedure when carrying out experiments, taking measurements, or performing technical tasks; analyze the specific results based on explanations in the text. RST.11-12.4 Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to <i>grades 11-12 texts and topics</i>. WHST.11-12.4 Produce clear and coherent writing in which the development, organization, and style are appropriate to task, purpose, and audience.		● <i>make judgements and decisions</i> ● <i>manage goals and time</i> ● <i>be flexible</i>

<i>Evaluative Criteria</i>	<i>Assessment Evidence</i>
	PERFORMANCE TASK(S):
	OTHER EVIDENCE:

<i>Summary of Key Learning Events and Instruction</i>	
<i>Language Arts Integration</i>	<i>Mathematics Integration</i>
1.OA.1 Use	1.OA.1 Use
<i>Technology Integration</i>	<i>District Materials</i>
1.OA.1 Use	