













<p>3</p>  <p>Fitness Management</p>	<p>3</p>  <p>Fitness Management</p>	<p>3</p>  <p>Fitness Management</p>	<p>3</p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.3.A.1 Discuss exercises and physical activities associated with health-related fitness components (e.g., running develops endurance of the heart, jumping activities develop muscular strength and endurance of the leg muscles...)</p>	<p><input type="checkbox"/> K.2.3.B.1 Recognize that the body needs sustained or intermittent vigorous physical activity to improve the strength of the heart and lungs (e.g., running, skipping, cycling, swimming, soccer to accumulate at least 10 to 15 minutes of vigorous activity each day...)</p>	<p><input type="checkbox"/> K.2.3.C.1a Show an understanding of the location, size, and function of the heart (e.g., in the chest area, size of a fist, pumps blood...)</p>	<p><input type="checkbox"/> K.2.3.C.1b Identify short-term effects of exercise/physical activity on the body (e.g., pulse rate increases, shortness of breath, body temperature increases, perspiration occurs, fatigue sets in...)</p>
<p>K A</p>	<p>K B</p>	<p>K C</p>	<p>K C</p>

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<p><input type="checkbox"/> K.2.3.C.2 * K.2.5.C.2 Show an understanding of the factors (e.g., planning, regular participation, effort, adequate information, motivation, commitment, regular monitoring...) affecting personal fitness development</p>	<p><input type="checkbox"/> K.2.3.C.3 ➡ K.2.2.C.3 Recognize that proper warm-up activities (i.e., light aerobic activity, stretching exercises) prepare muscles for vigorous activities (e.g., warm-up activities increase blood circulation and elasticity of muscles and ligaments...)</p>	<p><input type="checkbox"/> K.2.3.C.4 Identify personal factors (e.g., interests, personal success, previous experiences, type of activities, developmental rates...) that influence physical activity participation and build self-confidence</p>	<p><input type="checkbox"/> S.2.3.A.1a Participate in exercises/activities that increase flexibility, muscular strength, and muscular endurance</p>
<p>K C</p>	<p>K C</p>	<p>K C</p>	<p>S A</p>

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<p><input type="checkbox"/> S.2.3.A.1b Maintain participation in moderate to vigorous activity that contributes to aerobic capacity for short (e.g., intermittent) and longer periods of time (e.g., sustained)</p>	<p><input type="checkbox"/> S.2.3.A.2 ⇒ S.2.2.A.2 Determine own degree of exertion through simple methods (e.g., put hand on chest to feel increase in heart rate, "talk test"...) while participating in physical activities</p>	<p><input type="checkbox"/> S.2.3.A.3a Record participation in daily physical activities (e.g., at home, at school, in the community...) over a period of time (e.g., a week, a day...) to determine level of physical activity participation</p>	
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>