













<p>4</p>  <p>Fitness Management</p>	<p>4</p>  <p>Fitness Management</p>	<p>4</p>  <p>Fitness Management</p>	<p>4</p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.4.A.1 Recognize the health-related fitness components (e.g., cardiovascular endurance, muscular strength, muscular endurance, flexibility)</p>	<p><input type="checkbox"/> K.2.4.C.1a ➔ 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.2.4.C.1b ➔ 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><input type="checkbox"/> K.2.4.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>K A</p>	<p>K C</p>	<p>K C</p>	<p>K C</p>

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<p><input type="checkbox"/> K.2.4.C.3 Recognize the importance of light aerobic activities and stretching as part of cool-down following a vigorous activity (e.g., decrease blood flow and body temperature gradually...)</p>	<p><input type="checkbox"/> K.2.4.C.4 Discuss how setting realistic goals and developing strategies (e.g., positive thinking, regular practice, participating with others...) can contribute to personal achievement (e.g., sense of enjoyment, self-confidence...)</p>	<p><input type="checkbox"/> S.2.4.A.1a Participate regularly in a variety of purposeful and individually challenging fitness activities that develop health-related fitness components (e.g., activities that increase heart rate, lung capacity, strength, muscular endurance, flexibility, coordination...)</p>	<p><input type="checkbox"/> S.2.4.A.1b Maintain continuous aerobic activity for a set period of time, based on functional capacity</p>
<p>K C</p>	<p>K C</p>	<p>S A</p>	<p>S A</p>

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<p><input type="checkbox"/> S.2.4.A.2 Demonstrate efficient ways (e.g., pulse point location and proper finger positions on wrist and neck, use of heart monitors...) to determine heart rate before and after exercise</p>	<p><input type="checkbox"/> S.2.4.A.3a Determine own performance level for health-related fitness components (i.e., cardiovascular endurance, muscular strength, muscular endurance, flexibility), using simple tests or tasks (e.g., sit and reach, modified curl-up, 1600-metre run...)</p>	<p><input type="checkbox"/> S.2.4.A.3b Record own fitness results and physical activity participation over a period of time (e.g., beginning, middle, end of school year...) for personal progress</p>	
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>