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| <p>8</p>  <p>Fitness Management</p> | <p>8</p>  <p>Fitness Management</p> | <p>8</p>  <p>Fitness Management</p> | <p>8</p>  <p>Fitness Management</p> |
| <p><input type="checkbox"/> K.2.8.A.1 Identify the five health-related fitness components (e.g., cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition...) and their importance to a balanced fitness plan</p> | <p><input type="checkbox"/> K.2.8.C.1a Identify the names of muscle groups and specific muscles (i.e., biceps, triceps, pectorals, abdominals, quadriceps, deltoids, trapezius, latissimus dorsi, hamstrings, hip flexors) and primary action (i.e., flexion, extension, abduction, adduction, rotation) across the various joints (e.g., knee, elbow, hip...)</p> | <p><input type="checkbox"/> K.2.8.C.1b Explain the effects of exercise on use (i.e., increased size and strength of muscles, ligaments, and tendons; increased muscular capillary action; hypertrophy) and overuse (i.e., fatigue, injury, muscle soreness) of muscles</p> | <p><input type="checkbox"/> K.2.8.C.2 Describe ways to apply the FITT principle (i.e., frequency, intensity, time, and type of activity) to health-related fitness components (e.g., cardiovascular endurance, muscular strength, muscular endurance, flexibility, body composition...)</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.2.8.C.3 Identify three stages (i.e., indirect, direct, identical) of activity-specific warm-ups and examples of each stage for specific physical activities (e.g., a soccer warm-up could include light running, specific leg-stretching exercises, easy dribbling/passing drills...)</p> | <p><input type="checkbox"/> K.2.7.C.4 → K.2.8.C.4 Identify personal factors and preferences for choosing physical activities (e.g., personal interests, influence of friends, appreciation of the outdoors, affiliation, competition, cooperation, fun...) for fitness and health</p> | <p><input type="checkbox"/> S.2.8.A.1a Participate in fitness activities that use the F.I.T.T. principle and contribute to personal health-related fitness goals</p> | <p><input type="checkbox"/> S.2.8.A.1b Participate in continuous aerobic activity related to personal target heart-rate zones</p> |
| <p>K</p> | <p>C</p> | <p>K</p> | <p>C</p> |
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| <p><input type="checkbox"/> S.2.8.A.2 Determine personal target heart-rate zone, using simple methods (e.g., Karvonen formula, software programs...)</p> | <p><input type="checkbox"/> S.2.8.A.3a Assess the level of ability in one or more health-related fitness components (i.e., cardiovascular endurance, muscular endurance, muscular strength, flexibility) of physical fitness</p> | <p><input type="checkbox"/> S.2.7.A.3b ⇒ S.2.8.A.3b Chart own fitness results (e.g., using information technology...) throughout the year to determine effects of activity participation and/or specific training on personal progress</p> | |
| <p>S</p> | <p>A S</p> | <p>S</p> | <p>A</p> |