













<p>K</p>  <p>Fitness Management</p>	<p>K</p>  <p>Fitness Management</p>	<p>K</p>  <p>Fitness Management</p>	<p>K</p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.K.A.1 * 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.K.B.1 Discuss the fact that daily physical activity makes muscles strong, including the heart</p>	<p><input type="checkbox"/> K.2.K.C.1a * K.2.1.C.1a Show an understanding of the location of main internal body parts affected by exercise (i.e., heart, lungs, bones, muscles)</p>	<p><input type="checkbox"/> K.2.K.C.1b * K.2.1.C.1b Recognize the physical changes in the body during physical activity (i.e., heart beats faster, body gets warmer, breathing accelerates, perspiration increases)</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.K.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.K.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.K.C.4 * 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.K.A.1a Participate in a wide variety of physical activities that contribute to skill/fitness development and enjoyment</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.K.A.1b Sustain participation in moderate to vigorous activity for short periods of time, based on functional capacity</p>	<p><input type="checkbox"/> S.2.K.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>S</p>	<p>A S</p>		