













<p><b>2</b></p>  <p>Fitness Management</p>	<p><b>2</b></p>  <p>Fitness Management</p>	<p><b>2</b></p>  <p>Fitness Management</p>	<p><b>2</b></p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.2.A.1 * K.2.3.A.1 <b>Discuss exercises and physical activities associated with health-related fitness components</b> (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.2.2.C.1a ➔ K.2.1.C.1a <b>Show an understanding of the location of main internal body parts affected by exercise</b> (i.e., heart, lungs, bones, muscles)</p>	<p><input type="checkbox"/> K.2.2.C.1b ➔ K.2.1.C.1b <b>Recognize the physical changes in the body during physical activity</b> (i.e., heart beats faster, body gets warmer, breathing accelerates, perspiration increases)</p>	<p><input type="checkbox"/> K.2.2.C.2 * K.2.5.C.2 <b>Show an understanding of the factors</b> (e.g., planning, regular participation, effort, adequate information, motivation, commitment, regular monitoring...) <b>affecting personal fitness development</b></p>
<p><b>K</b>                      <b>A</b></p>	<p><b>K</b>                      <b>C</b></p>	<p><b>K</b>                      <b>C</b></p>	<p><b>K</b>                      <b>C</b></p>

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<p><input type="checkbox"/> K.2.2.C.3 <b>Recognize that proper warm-up activities</b> (i.e., light aerobic activity, stretching exercises) <b>prepare muscles for vigorous activities</b> (e.g., warm-up activities increase blood circulation and elasticity of muscles and ligaments...)</p>	<p><input type="checkbox"/> K.2.2.C.4 * K.2.3.C.4 <b>Identify personal factors</b> (e.g., interests, personal success, previous experiences, type of activities, developmental rates...) <b>that influence physical activity participation and build self-confidence</b></p>	<p><input type="checkbox"/> S.2.2.A.1a <b>Participate in cooperative and/or low competitive-type physical activities</b> (e.g., with partners, in small groups...) <b>that contribute to skill/fitness development and enjoyment</b></p>	<p><input type="checkbox"/> S.2.2.A.1b <b>Sustain participation in moderate to vigorous activity, using basic movement skills</b></p>
<p><b>K</b>                      <b>C</b></p>	<p><b>K</b>                      <b>C</b></p>	<p><b>S</b>                      <b>A</b></p>	<p><b>S</b>                      <b>A</b></p>

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<p><input type="checkbox"/> S.2.2.A.2 <b>Determine own degree of exertion through simple methods</b> (e.g., put hand on chest to feel increase in heart rate, “talk test”...) <b>while participating in physical activities</b></p>			
<p><b>S</b></p>	<p><b>A</b></p>		