

<p>5</p>  <p>Fitness Management</p>	<p>5</p>  <p>Fitness Management</p>	<p>5</p>  <p>Fitness Management</p>	<p>5</p>  <p>Fitness Management</p>
<p><input type="checkbox"/> K.2.5.A.1 Identify health-related fitness components (e.g., cardiovascular endurance, muscular endurance, muscular strength, flexibility, body composition...) and one example of an appropriate exercise/activity for each component (e.g., skip rope for cardiovascular endurance development...)</p>	<p><input type="checkbox"/> K.2.5.B.1 Identify the fitness benefits (i.e., muscle and bone development, decreased susceptibility to stress, positive self-esteem, faster heart-rate recovery) of moderate to vigorous fitness-type activities over time</p>	<p><input type="checkbox"/> K.2.5.C.1a Recognize the terms associated with the function of the cardiovascular system (i.e., resting heart rate, maximum heart rate, target heart rate, blood pressure, recovery heart rate) in the context of exercise and physical activity</p>	<p><input type="checkbox"/> K.2.5.C.1b Describe the effects of aerobic activities and inactivity on the cardiovascular system (i.e., lower/raised resting heart rate, increased/decreased heart size, increased/decreased stroke volume)</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.2.5.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.2.5.C.3 Show an understanding that stretching exercises for the major muscle groups should be held for a minimum length of time to be effective (e.g., as long as a stretch feels comfortable, which is usually 10 to 30 seconds with 3-5 repetitions...).</p>	<p><input type="checkbox"/> K.2.5.C.4 Determine the intrinsic (e.g., enjoyment, enhanced health, level of success, increased energy level, affiliation...) and extrinsic (e.g., awards, media, sport heroes, family, peers...) factors that motivate participation for fitness development.</p>	<p><input type="checkbox"/> S.2.5.A.1a Demonstrate correct execution of exercises (e.g., keeping body straight for push-ups, keeping legs bent for curl-ups...) designed to improve and maintain personal fitness associated with health-related fitness components.</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.2.5.A.1b Participate in continuous aerobic activity for a sustained period of time, while maintaining the target heart rate.</p>	<p><input type="checkbox"/> S.2.5.A.2 Demonstrate use of short-cut methods (e.g., 6-second count x 10; 10-second count x 6...) and/or technology (e.g., heart-rate monitors...) for monitoring heart-rate counts before, during, and after activities, and relate to target heart-rate zones (e.g., general health, basic fitness, healthy heart...).</p>	<p><input type="checkbox"/> S.2.5.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.2.5.A.3b Compare own fitness results and physical activity participation over a period of time (e.g., beginning, middle, end of school year...) to check and revise personal goals.</p>
<p>S</p>	<p>A</p>	<p>S</p>	<p>A</p>