

Content Area: Comprehensive Health and Physical Education
Standard: 2. Physical and Personal Wellness in Physical Education

Prepared Graduates:
 ➤ Achieve and maintain a health-enhancing level of physical fitness

Grade Level Expectation: First Grade

Concepts and skills students master:
 1. Identify the body's normal reactions to moderate and vigorous physical activity

Evidence Outcomes	21st Century Skills and Readiness Competencies
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Students can:

- a. Identify basic exercises that help to strengthen various muscles of the body
- b. Identify physical activities that require strong muscles
- c. Identify and perform specific exercises that can be done to improve the muscular strength and endurance of various muscle groups
- d. Identify activities that rely on muscular endurance and muscular strength for someone to be successful

Inquiry Questions:

1. Would you rather have strong arm and leg muscles, or a strong heart muscle? Why?
2. How could you work on improving your muscular strength and endurance?
3. Can one have muscular strength without muscular endurance? What about the other way around? Explain.

Relevance and Application:

1. Individuals can prevent injury by maintaining adequate muscular strength and endurance.
2. Individuals use a computer to find examples of safe exercises to improve muscular strength and endurance.
3. Individuals create an exercise program that improves their health-related fitness.
4. Individuals identify equipment in parks and playgrounds that helps to build muscles.

Nature of Physical Education:

1. Regular physical activity contributes to emotional well-being.
2. Taking responsibility for one's own health is an essential step toward developing and maintaining a healthy, active lifestyle.
3. Muscular strength and endurance are separate and equally important components of fitness.
4. The body reacts positively to physical exercise.