

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: Kindergarten

Concepts and skills students master:

1. Understand that physical activity increases the heart rate, making the heart stronger

Evidence Outcomes

Students can:

- a. Identify the heart rate as an indicator of moderate to vigorous activity
- b. Sustain moderate to vigorous physical activity for short periods of time
- c. Identify activities that will increase the heart rate

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. Which activities can you do for the longest time? Shortest time?
2. Are there other ways other than checking your heart rate to know that your heart is working hard?

Relevance and Application:

1. Individuals participate in fitness activities to strengthen their heart.
2. Individuals identify technology that will allow heart rate monitoring and checking.

Nature of Physical Education:

1. The heart is the most important muscle in the body.
2. Exercise directly influences heart rate and overall health and fitness.
3. Taking responsibility for one's own health is an essential step toward developing and maintaining a healthy, active life.