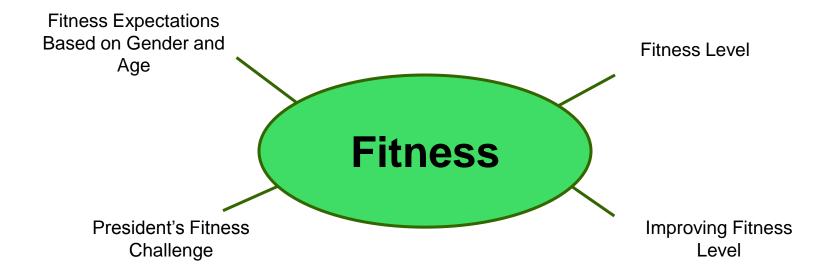
HEALTH GRADE FIVE – FITNESS



Essential Understandings/Learning Goals:

- **E.12.1** Demonstrate understanding of the relationship between activities and physical fitness components. (e.g., cardiorespiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition.
- **E. 12.2** Recognize physiological indicators (e.g., heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity
- **E. 12.3** Understand the results of formal fitness testing and correctly associate these results with overall fitness, nutritional levels and personal health status

Content Vocabulary:

Muscle strength
Curl-Ups
Muscle endurance
Shuttle Run
Flexibility
Flexed-Arm Hang
Agility
Aerobic
Anaerobic