



What?

Learning Intention:

I can re-assess my Cardiovascular Endurance based my pacer test results.

Why? Good Cardiovascular Endurance helps you maintain a healthy weight. Also, CE decreases the risk of diabetes and helps the heart function better.

How will I demonstrate my learning? I will complete the Pacer Test.



Learning Intention:

I can name two benefits of Cardiovascular Endurance exercise.

I can demonstrate Cardiovascular Endurance exercises.

6.5.H1. Demonstrate that regular participation in physical activities supports the goals of fitness, reducing stress and a healthier lifestyle

7.5.H1. Compare how regular participation in physical activities supports the goals of a healthy lifestyle.

8.5.H1. Evaluate how personal physical, emotional/mental and social benefits gained from regular participation in physical activities support the goals of a healthy lifestyle.

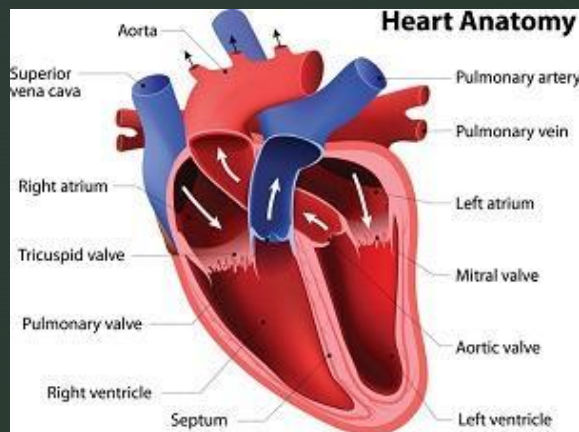
Success Criteria:

I will know that I am successful when I can list two ways that Cardiovascular Endurance improves overall health.

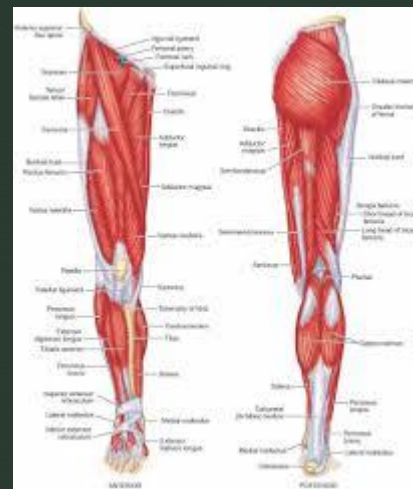
I will know that I am successful when I can complete a Cardiovascular Endurance Workout.

What muscle does Cardiovascular Endurance strengthen?

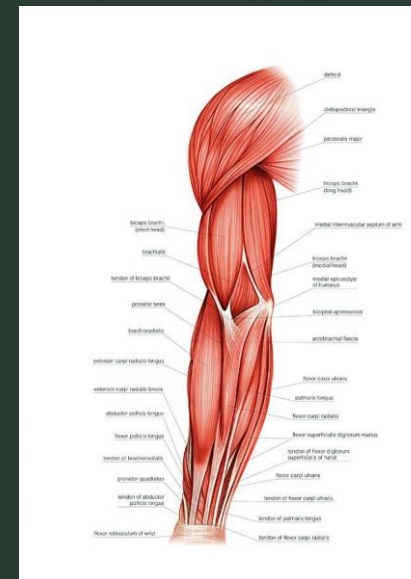
Heart



Legs



Arms



- **Cardiovascular endurance** is the ability of the heart and lungs to work together to provide the needed oxygen and fuel to the body during sustained workloads.

Examples of Cardiovascular Exercises:

Running, Cycling, Swimming, Dancing



Name two benefits
of having good
Cardiovascular
Fitness.



Benefits of Cardiovascular Endurance



- Lower blood pressure
- Lower cholesterol
- Decrease risk of stroke and diabetes
- Helps a person maintain a healthy weight
- Helps the heart function better.

PACER Test Standards

BOYS

6TH GRADE 23 LAPS – COMPLETE STAGE 3

7TH GRADE 32 LAPS COMPLETE STAGE 4

8TH GRADE 41 LAPS COMPLETE STAGE 5

GIRLS

6TH GRADE 15 LAPS COMPLETE STAGE 2

7TH GRADE 15 LAPS COMPLETE STAGE 2

8TH GRADE 23 LAPS COMPLETE STAGE 3

[PACER TEST AUDIO CLICK HERE](#)