



# Unified PE

DAY 4:  
CARDIOVASCULAR  
ENDURANCE

# Agenda:

## What are we doing today?

- Review Learning Goal
- Review Vocabulary
- Warm up: Just Dance
- Activity: Avengers Tabata
- Cool Down: Stretch

## What is due?

- Exit tickets – log into Canvas and complete

# Learning Goal

I CAN IDENTIFY THE HEALTH-RELATED COMPONENTS OF PHYSICAL FITNESS



# Vocabulary

**Cardiovascular Endurance:** The heart's ability to withstand extended periods of activity

**Video:** What is Cardiovascular Endurance?

# Warm-Up - Just Dance

Directions:  
Follow along  
with the video  
and dance!





# Activity:

Avengers  
Tabata  
Workout

# COOL DOWN AFTER WORKOUT



Cool  
Down