



WHAT DO YOU
PLAN TO DO
THIS WEEKEND
TO STAY
ACTIVE??

TELL ME IN THE
CHAT

UNIFIED PE

DAY 6: MUSCULAR ENDURANCE



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AGENDA

What are we doing today?

- Review Learning Goal
- Review Vocabulary
- Warm up: Just Dance - Happy
- Activity: Card Fitness
- Cool Down: Full Body Stretch

What is due?

- Exit tickets – On Canvas, use link in announcement or under “Lesson Materials Module” to access

A photograph of a dumbbell and several weight plates on a light-colored concrete floor. The dumbbell is positioned diagonally from the top left towards the center. Below it, several black weight plates are scattered, some showing the number '15'. The background is a solid dark blue with faint white circular patterns and arrows, suggesting a technical or scientific theme.

LEARNING GOAL

I can identify the health-related components of physical fitness

VOCABULARY

Muscular Endurance –
the ability of a muscle
to continue to perform
without fatigue

**Brain Bites - Muscular
Endurance**

WARM UP: JUST DANCE - HAPPY



Follow along and match
the character on the
screen

Just Dance - Happy
by Pharrell Williams

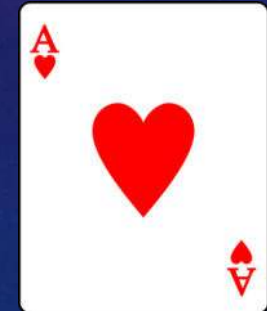
ACTIVITY: DECK OF CARDS WORKOUT

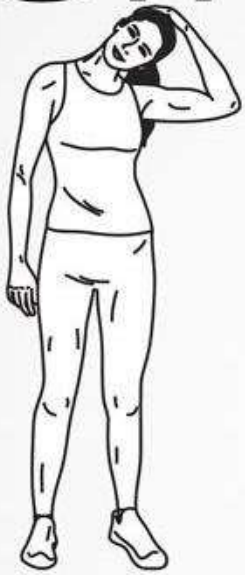
Directions:

- Shuffle a deck of cards or use this website: [Deck of Cards](#)
- Flip the first card and do the exercise that corresponds with it
- The number on the card is the number of repetitions you will complete
- All face cards = a cardio move for 20 seconds
- Continue flipping one card until you have gone through the whole deck or reached a set amount of time
- Limit rest to 10 seconds between exercises



BODY WEIGHT SQUAT





neck stretch



shoulder stretch



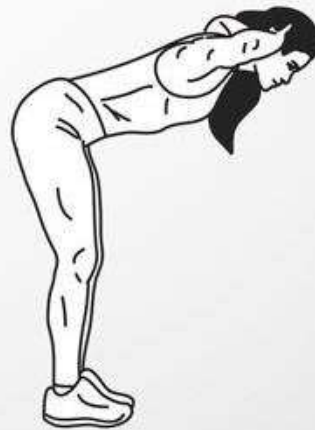
tricep stretch



pelvic stretch



quad stretch



forward bend

COOL DOWN: FULL BODY STRETCH

Hold each exercise
for 20-40 seconds