

Unit:1	Grade/Subject: 9-12	Start date and duration: 3/02/20-5/02/20
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Performance Assessment:

Increasing Cardiovascular Activity.

Standard(s): Improved digestion. ...

- **Mood improvement. ...**
- **Reduction in health risks such as type 2 diabetes, heart disease, arthritis, and some cancers.**
- **Weight loss and improved body composition. ...**
- **Improved creativity. ...**

Vocabulary: N/A

Overarching Questions, Unit Understandings: N/A

Activities & Materials: Tennis shoes, track, gym

Verification: *(Ways for checking student understandings) Monitoring their activity to make sure they are exercising properly.*

Differentiation: *(Things that you would do for any student) N/A*

