**Trimester 2 - Physical Education**

**Learning Targets**

**MUSCULAR STRENGHTH & ENDURANCE** **LEARNING TARGETS**

I can…

* understand my fitness level in relation to muscular strength and endurance.
* identify the FITT principle.
* understand the differences between set and repetition.
* demonstrate proper technique when lifting.
* show understanding of resistance training by using the proper amount of weight.

**FLEXIBILITY** **LEARNING TARGETS**

I can…

* understand my fitness level in relation to flexibility.
* identify the FITT principle.
* increase my flexibility.
* stretch using proper technique.
* explain the benefits of flexibility:

1. Improves performance
2. Prevents Injury
3. Decreases muscle soreness
4. Improves quality of life.