	UNIT 1 NAME	They know and understand the importance of maintaining a good physical fitness.	They recognise that the care of physical condition is essential to health.	They are able to perform a good warm-up on their own.	They know how to identify the factors that determine the flexibility and can apply them.	They know the relationship between the degree of flexibility and the general state of health.	They recognise the importance of stretching and are able to do it safely.	They know and distinguish between different types of endurance and know how to apply them correctly.	They maintain a good posture in daily life activities.	They know and apply the appropriate measures to care for the back and spine by strengthening the support muscles.	They show initiative and are constant when learning new knowledge and also when doing the exercises.	They participate and are willing to work in a team.
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