

Physical Education



General Outcome A:

Students will acquire skills through a variety of developmentally appropriate movement activities; dance, games, types of gymnastics, individual activities and activities in an alternative environment.

- I can chose and use a series of movements to create a movement sequence.
- I can chose and use a series of movements to create a movement sequence, while standing in one place.
- I can work with a teammate/team to reach a common goal when playing.

General Outcome B:

Students will understand, experience and appreciate the health benefits that result from physical activity.

- I can understand the nutritional needs related to physical activity.
- I can understand that exercise and feeling good go together (physical, emotional and social).

General Outcome C:

Students will interact positively with others.

- *I can tell about and show respectful communicating skills relevant to context.*
- *I can tell about and show manners and fair play.*
- *I can tell about and show respect for self and others.*

General Outcome D:

Students will assume responsibility to lead an active way of life.

- *I can set and do long term exercise goals for myself that take more effort and participation.*
- *I can decide to be active.*