

Clarity for Learning Planning Template	
Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Concepts (Nouns) Health benefits come from being physically active. Positive feelings help me what to keep being active.	Skills (Verbs) Regular physical activity have many health benefits. Exploring my feelings about physical activity helps me understand what I like.
Learning Progressions Health Benefits <ul style="list-style-type: none"> Throughout the physical education experience students explore and learn the health benefits of physical activity. These benefits include physical benefits such as a healthy heart and lungs, and muscular fitness, but also mental health like happiness and social health like being around others. Positive feelings <ul style="list-style-type: none"> It is important that students explore their feelings in all settings. In physical education students learn to identify their feelings about physical activity and then continually examine what activities create positive feelings for them. These feelings are explored in individual activities, with partners, and in groups. 	
Learning Intentions (I am learning to...)	Success Criteria (I know I'm successful when...)
I am learning to understand the health benefits of physical activity. I am learning to identify positive feelings	I know I am successful when I can: <ul style="list-style-type: none"> Identify two health benefits of physical activity Describe the positive feelings I have about physical activity with a partner.