

Clarity for Learning Planning Template	
Standard 1: Demonstrate competency in a variety of motor skills and movement patterns. Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
Concepts (Nouns) Throwing is a motor skill that requires accuracy. Challenge is a part of the overload principle in fitness.	Skills (Verbs) Throwing to a partner requires accurate. Overloading my body is challenging.
Learning Progressions Throwing <ul style="list-style-type: none"> • During K-2 students there the foundations of throwing. Throwing to a target is a progression that is more difficult and requires a progression of skill. Intermediate physical education is marked by refined throwing skills is more activity specific settings such as football, frisbee, and other games. Challenge <ul style="list-style-type: none"> • During fitness activities students learn many fitness principles, including overload. Overload includes students challenging themselves and exploring what activities are difficult or easy. 	
Learning Intentions (I am learning to...)	Success Criteria (I know I'm successful when...)
I am learning to throw to a partner. I am learning to identify challenges during fitness.	I know I am successful when I can: <ul style="list-style-type: none"> • Throw a small ball to a partner using 2 of 4 cues. • Identify activities that are challenging for me.