

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) Nutrition refers to the foods we eat Physical activities vary by how enjoyable people find them.	Skills (Verbs) Healthy living includes the types of foods we eat. Ranking physical activities by enjoyment helps us understand what we like.
Learning Progressions Nutrition <ul style="list-style-type: none"> Physical activity and nutrition are both part of a healthy lifestyle. In the intermediate physical education program students are introduced to nutrition as the foods we eat. Specifically, the importance of a balanced diet, hydration, and how food impacts physical activity are taught. Ranking <ul style="list-style-type: none"> One primary role of physical education is to help students find joy in movement. Students first learn to consider the activities they enjoy. During the 3-5 program students will rank activities by enjoyment as a precursor to further analyzing why they enjoy specific physical activities. 	
Learning Intentions (I am learning to...)	Success Criteria (I know I'm successful when...)
I am learning to better understand nutrition. I am learning to rank physical activity by enjoyment.	I know I am successful when I can: <ul style="list-style-type: none"> Discuss nutrition and physical activity. Rank my enjoyment of soccer compared to other physical activities.