

<b>Clarity for Learning Planning Template</b>	
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.	
<b>Concepts (Nouns)</b> Exercises are categorized by fitness component.  Challenges can be overcome in different ways.	<b>Skills (Verbs)</b> Categorizing exercises helps understand their benefits better  Overcoming a challenge is important when learning to juggle.
<b>Learning Progressions</b> Fitness components <ul style="list-style-type: none"> <li>Students learn many exercises throughout the physical education program. One fundamental purpose of teaching these exercises is such that students garner exercise they enjoy that work all components of fitness. Thus students must be able to categorize exercises by fitness component.</li> </ul> Challenge <ul style="list-style-type: none"> <li>Strategies for overcoming challenges like learning to juggle are personal. That is, each student will create their own strategies. While challenge and its role in learning has been introduced earlier in the program, students learn to analyze their strategies and determine what works best for them in this context.</li> </ul>	
<b>Learning Intentions (I am learning to...)</b>	<b>Success Criteria (I know I'm successful when...)</b>
I am learning to categorize exercises.  I am learning about overcoming challenges.	I know I am successful when I can: <ul style="list-style-type: none"> <li>Overcome a challenge to improve my juggling skill level.</li> <li>List two activities for each component of fitness.</li> </ul>

Standard 1: Demonstrate competency in a variety of motor skills and movement patterns.

Standard 2: Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

Standard 3: Demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Demonstrate responsible personal and social behavior that exhibits respect for self and others.

Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.