

Clarity for Learning Planning Template	
Standard 5: Demonstrate value of physical activity for health, enjoyment, challenge, self-expression and social interaction.	
<p>Concepts (Nouns) Walking is a lifetime activity.</p> <p>Criteria are how we decide if an activity is lifetime.</p>	<p>Skills (Verbs) Recognizing the criteria of lifetime physical activity helps understand why activities improve health.</p> <p>Pacing is an important part of walking</p>
<p>Learning Progressions Walking</p> <ul style="list-style-type: none"> Walking is a lifetime activity. Students learn the fundamentals of walking during the K-2 years. During the 3-5 years students learn how to modify walking to make it more enjoyable based on their own judgement. <p>Criteria</p> <ul style="list-style-type: none"> Walking is a lifetime activity because the intensity can be modified, it can be engaged in alone or with others, it is relatively cost effective, and does not require extensive space. These are the criteria for determining if activities can be engaged in for a lifetime. 	
Learning Intentions (I am learning to...)	Success Criteria (I know I'm successful when...)
<p>I am learning to walk in different ways.</p> <p>I am learning to identify criteria for lifelong physical activity.</p>	<p>I know I am successful when I can:</p> <ul style="list-style-type: none"> Discuss the health benefits of walking List the criteria for lifetime physical activity.