

<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 can be categorized by fitness components  Recreational activities can be enjoyable.	<b>Skills (Verbs)</b> Categorizing exercises can be done by fitness component.  Ranking recreational activities by enjoyment helps understand what activities are valued.
<b>Learning Progressions</b> Exercise <ul style="list-style-type: none"> <li>Students first learn various components of fitness. Next, students learn to categorize and organize exercises by fitness component. This allow students to specify benefits of different exercises.</li> </ul> Ranking <ul style="list-style-type: none"> <li>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.</li> </ul>	
<b>Learning Intentions (I am learning to...)</b>	<b>Success Criteria (I know I'm successful when...)</b>
I am learning to understand the importance of exercise  I am learning to rank physical activity by enjoyment.	I know I am successful when I can: <ul style="list-style-type: none"> <li>Categorize exercises by fitness component.</li> <li>Rank the enjoyment of a variety of recreational activities.</li> </ul>