

## 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)

Warm-ups are important to prevent injury.

Running is a health-enhancing physical activity

### Skills (Verbs)

Stretching muscles is a key component of a warm up.

Comparing the health benefits of different physical activities helps understand the role of those activities.

### Learning Progressions

Warm up

- Throughout the physical education program during the primary years, students engage in a warm-up. At the intermediate level students are introduced to fitness concepts associated with why this is an important practice.

Health

- Students are consistently exposed to the health benefits of physical activity. During the 3-5 year students are first introduced to the concept that each activity offers unique benefits for every person. Students then explore and compare the health benefits of various physical activities.

### Learning Intentions (I am learning to...)

I am learning to warm up before physical activity.

I am learning to understand the health benefits of physical activity.

### Success Criteria (I know I'm successful when...)

I know I am successful when I can:

- Identify the warm-up as an important part of physical activity
- Compare the health benefits of different physical activities.