

PHYSICAL EDUCATION & HEALTH COMPETENCY STATEMENTS & LEARNING TARGETS

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| <p><u>Motor & Movement:</u> Students will demonstrate competency in physical activities and practice skills that will support an active and healthy lifestyle.</p> | <p><u>Sportsmanship & Cooperation:</u> Students will recognize the value of responsible personal and social behavior that respects self and others. They understand their role in good sportsmanship.</p> | <p><u>Health & Wellness:</u> Students will demonstrate an understanding of concepts related to wellness and the ability to practice and promote their personal wellness.</p> |
| Learning Targets | Learning Targets | Learning Targets |
| K-6 | K-6 | K-6 |
| <p>I can participate in daily physical activities that promote healthy lifestyles based on personal abilities and interests.</p> <p>I can set personal physical activity goals.</p> <p>I can identify personal reasons and benefits for participating in physical activity (e.g. improvement through practice, enjoyment, social interaction, personal challenge).</p> <p>I can apply fundamental motor skills in various physical activities.</p> <p>I can accurately apply fundamental and complex motor skills in various physical activities.</p> <p>I demonstrate the use of strategies and tactics within a variety of physical activities.</p> | <p>I can work productively and respectfully with others to achieve a group goal.</p> <p>I can Identify and follow safety rules for all activities.</p> <p>I demonstrate responsible behavior in physical activity settings.</p> <p>I display acceptance of others through verbal and non-verbal behaviors.</p> <p>I demonstrate a tolerance for individual differences.</p> <p>I can resolve conflict in socially acceptable ways.</p> | <p>I can identify responsible personal health behaviors.</p> <p>I can demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.</p> <p>I can demonstrate a variety of behaviors to avoid or reduce health risks.</p> <p>I can set a personal health goal and track progress toward its achievement while using resources to assist in achieving a personal health goal.</p> <p>I can accurately describe ways to prevent common childhood injuries and health problems.</p> <p>I can describe when it is important to seek health care.</p> |

**Adapted from the Curriculum Framework for Health and Physical Education NHDOE*