

Physical Education

B4–2 demonstrate and describe ways to achieve a personal functional level of physical fitness through participation in physical activity

B4–6 describe positive benefits gained from physical activity; e.g., physically, emotionally, socially

B5–6 infer positive benefits gained from specific physical activities

B5–2 demonstrate and select ways to achieve a personal functional level of physical fitness through participation in physical activity

B6–2 demonstrate and select ways to achieve a personal functional level of physical fitness through participation in physical activity

B6–6 identify and plan for personal positive benefits from specific physical activity

B7–2 demonstrate and evaluate ways to achieve a personal functional level of physical fitness

B7–6 identify and explain the effects of exercise on the body systems before, during and after exercise

D4–3 follow rules, routines and procedures for safety in a variety of activities

D4–5 describe how to move safely in various environments; e.g., skating rink

D4–8 identify how people, facilities and communities influence physical activity

D5–3 identify and follow rules, routines and procedures for safety in a variety of activities

D5–5 identify safe practices that promote an active, healthy lifestyle; e.g., water safety

D5–8 create a strategy to promote participation in physical activity within the school and the community

D6–3 identify, describe and follow the rules, routines and procedures for safety in a variety of activities from all movement dimensions

D6–5 select simple, safe practices that promote an active, healthy lifestyle; e.g., rules of the road for cycling, inline skating

D6–8 examine factors that influence community decisions to support and promote physical activity

D7–3 identify, describe and follow the rules, routines and procedures for safety in a variety of activities in all dimensions

D7–5 recommend safe movement experiences that promote an active, healthy lifestyle; e.g., protective equipment for in-line skating, ball hockey

D7–8 identify local community programs that promote physically active lifestyles