

Physical Education Grade 1 Active Living

OUTCOMES	1 – Beginning The student is having difficulty demonstrating an understanding of the concept.	2 – Approaching The student is developing an understanding of the concept.	3 – Meeting The student consistently demonstrates an understanding of the concept or has achieved the concept.	4- Exemplary The student independently demonstrates an in-depth understanding of the concept, and consistently applies this knowledge to new situations.
1.1 Health-Related Fitness Build a repertoire of strategies, with guidance, for developing components of health-related fitness, including cardiovascular endurance, flexibility, muscular endurance, and muscular strength.	<ul style="list-style-type: none"> I require extensive guidance to engage in activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> With guidance, I can engage in activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> I fully engage in a range of activities that include cardiovascular endurance, muscular endurance and flexibility exercises. 	<ul style="list-style-type: none"> I can consistently and independently fully engage in a variety of activities that include cardiovascular endurance, muscular endurance and flexibility exercises.
	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for a few minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for several minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for five minutes on a consistent basis. 	<ul style="list-style-type: none"> I can sustain moderate to vigorous movement activities that increase heart-rate and respiration for more than five minutes on a consistent basis.
	<ul style="list-style-type: none"> With extensive guidance, I can use movements OR words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> With guidance, I can use movements OR words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> With minimal guidance, I can use movements AND words to show that I understand what it means to warm-up and stretch. 	<ul style="list-style-type: none"> Consistently and independently, I can use movements AND words to show that I understand what it means to warm-up and stretch.
	<ul style="list-style-type: none"> With extensive guidance, I can identify movements that require and challenge muscular strength and endurance of lower body, upper body, OR core. 	<ul style="list-style-type: none"> With guidance, I can identify movements that require and challenge muscular strength and endurance of lower body, upper body, OR core. 	<ul style="list-style-type: none"> With minimal guidance, I can identify movements that require and challenge muscular strength and endurance of lower body, upper body, AND core. 	<ul style="list-style-type: none"> Consistently and independently, I can identify movements that require and challenge muscular strength and endurance of lower body, upper body, AND core.
Comments				
1.2 Active Living	<ul style="list-style-type: none"> With extensive guidance, I can identify 	<ul style="list-style-type: none"> With guidance, I can identify some benefits of 	<ul style="list-style-type: none"> I can explain many benefits of participating 	<ul style="list-style-type: none"> I can explain many benefits of participating

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<p>Examine and express what it means to live actively each day and the personal benefits of being active.</p>	<p>some benefits of participating in movement activities.</p>	<p>participating in movement activities.</p>	<p>in movement activities.</p>	<p>in movement activities, with details and examples.</p>
	<ul style="list-style-type: none"> • I need to be encouraged to show interest and enjoyment in participating in movement activities. 	<ul style="list-style-type: none"> • I sometimes show interest and enjoyment in participating in movement activities. 	<ul style="list-style-type: none"> • I often show interest and enjoyment in participating in movement activities. 	<ul style="list-style-type: none"> • I consistently show interest and enjoyment in participating in movement activities.
	<ul style="list-style-type: none"> • With extensive guidance, I can identify a few opportunities for physical activity that I can do on my own. 	<ul style="list-style-type: none"> • With guidance, I can identify a few opportunities for physical activity that I can do on my own. 	<ul style="list-style-type: none"> • I can identify several opportunities for physical activity that I can do on my own. 	<ul style="list-style-type: none"> • I can identify many opportunities for physical activity that I can do on my own, and I take advantage of them.
<p>Comments</p>				