

**Strand 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

<b>Concept 1: Values Physical Activity</b>			
<b>Grade K - 2</b>	<b>Grade 3 - 5</b>	<b>Grade 6 - 8</b>	<b>Grade 9 - 12</b>
PO 1. Identify several physical activities that are enjoyable	PO 1. Identify at least one enjoyable activity in which he/she regularly participates	PO 1. Demonstrates enjoyment during and/or after engaging in physical activity	PO 1. Identify attitudes associated with regular participation in physical activity and/or fitness development activities
PO 2. Exhibit both verbal and non-verbal expressions of enjoyment	PO 2. Identify positive feelings associated with participation in physical activities	PO 2. Engage in physical activity for personal, social, and/or health benefits beyond the Physical Education program	PO 2. Select and participate in physical activities that are personally meaningful
PO 3. Participates in new skills and movement activities	PO 3: Actively participate in group physical activities	PO 3. Demonstrates interest/willingness to learn more about or try new activities or challenges	PO 3. Examine the role motivation, prioritizing, dedication and self-discipline play in fitness development
PO 4. Continue to participate when not successful.	PO 4. Select and practice a skill on which development is needed	PO 4. Identify obstacles to regular participation	PO 4. Develop and implement a plan for personal fitness development/maintenance that considers the factors in PO 3
PO 5. Express positive feelings on progress made while learning a new movement skill	PO 5. Participates in a broadened and challenging array of physical activities		PO 5. Strategize ways to overcome obstacles to regular participation in physical activity
			PO 6. Explain how an understanding of self-efficacy and self-esteem is related to physical activity and the ability to use self-management skills necessary for developing both

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			PO 7. Reflect upon the mental benefits of participation in physical activity
			PO 8. Examine one's own feelings in having accomplished personal fitness goals or failure to reach such goals