

			<p>PE.06.611 Apply rules and demonstrate beginning strategies in a game-like situation or activity</p> <p>A. I can demonstrate beginning strategies using a variety of skills in games/activities B. I can create space by combining relationships, levels, speed, direction, and pathways in lead-up and modified games C. I can understand and apply rules to games and activities</p>	<p>PE.06.623 Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness</p> <p>A. I can compare my physical fitness goals with research-based standards B. I can set a SMART goal to improve muscular strength, muscular endurance, cardiovascular endurance, flexibility, and body composition</p>		
			<p>PE.06.612 Participate in activities that require problem solving, cooperation, skill assessment, and team building</p> <p>A. I can participate in and understand initiative and cooperative activities using problem solving skills</p>	<p>PE.06.622 Demonstrate the ability to perform self-paced cardiovascular endurance activities</p> <p>A. I can identify my target heart rate and monitor the intensity during physical activity</p>	<p>PE.06.631 Recognize diverse skill performance in others by participating cooperatively and productively in group</p> <p>A. I can evaluate responsibility in group efforts B. I can participate effectively on a team with players of different abilities and accept their differences C. I can be verbally supportive and encourage all team members</p>	<p>PE.06.641 Demonstrate movement control for safe participation in games/activities</p> <p>A. I can demonstrate the responsible behaviors necessary for safe participation during activity B. I can explain safety considerations prior to participation and demonstrate safety in all sports and fitness activities</p>
			<p>PE.06.613 Use information from a variety of resources to improve performance</p> <p>A. I can use movement strategies in activities B. I can analyze and correct errors in movements using feedback (peers, video) C. I can develop a game using loco motor skills, manipulatives, offensive/defensive strategies and teach it to someone</p>	<p>PE.06.623 Identify opportunities in school and in the community for regular participation in physical activity to enhance physical fitness</p> <p>A. I can participate in activities that require muscular strength and endurance B. I can set realistic goals and strive to attain them through participation C. I can make a list of 20 things I can do to be active outside of Physical Education class that can enhance my fitness D. I can apply researched knowledge about community fitness resources into a personal fitness plan</p>	<p>PE.06.632 Work cooperatively and productively in a group</p> <p>A. I can establish and accomplish goals in cooperative and competitive activities and identify the role of each participant B. I can analyze possible solutions to a movement problem in a cooperative activity C. I can resolve conflicts with peers D. I can show respect for an activity and the equipment E. I can participate fully with a positive and productive attitude and effort F. I can demonstrate respect for a person who is officiating/leading an activity</p>	<p>PE.06.64D Implement safety procedures in the utilization of space and equipment, and personal preparedness</p> <p>A. I can identify and participate in safe warm-up and cool-down activities B. I am prepared daily with proper athletic attire C. I can follow the safety rules of an activity including participation, playing conditions and practices</p>
Movement Skills (.01)	Manipulative Skills (.02)	Movement Vocabulary (.03)	Games/Activities Skills (.04)	Lifelong Fitness (.05)	Sportsmanship (.06)	Safe and Responsible Behavior (.07)
Movement, Competence and Understanding				Personal and Physical Wellness	Emotional and Social Wellness in P.E.	Prevention and Risk Management in Physical Education