**Trimester 1 - Physical Education**

**Learning Targets**

**SOCIAL & PERSONAL RESPONSIBILTY** **LEARNING TARGETS**

I can…

* be prepared for physical activity.
* walk in the gym and sit in my squad for attendance.
* only use equipment when directed by the teacher.
* participate with good effort.
* show respect for others.
* demonstrate safety for myself and others.
* follow rules.
* engage in a self-directed activity.

**MOTOR SKILLS** **LEARNING TARGETS**

I can…

* follow through when passing.
* give with the ball when catching.
* step in opposition when throwing.
* be in the ready position.

**CARDIOVASCULAR ENDURANCE** **LEARNING TARGETS**

I can…

* identify and explain the F.I.T.T. principle
* I can find my pulse.
* I can pace myself during exercise.
* I can understand my Target Heart Rate.
* I can identify and explain the H.E.A.R principle.
* I can be active for an extended period of time.
* I can work through physical discomfort while exercising.

(shortness of breath, perspiration, muscle soreness)