(Standard 6) A physically educated person values physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Performance Standards:
6.2.1 Describe feelings following participation in physical activity.
6.2.2 Value the challenges and achievements associated with fitness and skill development.
6.2.3 Select physical activities for the purpose of self-expression.
6.2.4 Challenge self to higher level of performance.
6.2.5 Enjoy participation in group activities.
6.2.6 Select a new physical activity for participation.
6.3.1 Seek personally challenging experiences in physical activity both in and out of school.

<table>
<thead>
<tr>
<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
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| (Standard 6) A physically educated person values physical activity for health, enjoyment, challenge, self-expression and/or social interaction. | Knowledge:  
- Physical Activity  
- Lifetime and recreational activities  
- Enjoyment  
- Self-expression  
- Identify positive social interaction  
- Celebrate success & achievements  
- Try new things and don’t be afraid to fail  
- Healthy choices  

Processes:  
- Experience enjoyment while participating in physical activity (including lifetime and recreational activities)  
- Seek personally challenging experiences in physical activity  
- Apply physical activity as a means of self expression  
- Apply physical activity as a positive opportunity for social interaction  
- Celebrate personal successes and achievements  
- Utilize results to integrate into your personal lifestyle  
- Describe the benefits of healthy choices &/or lifestyle  

I can have fun doing physical activity.  
I can try new things that are challenging.  
I can work with others.  
I can practice to get better.  
I can have fun with friends while doing physical activity.  
I can celebrate my successes in a positive way.  
I can make healthy choices by doing physical activities. |