(Standard 3) A physically educated student participates regularly in physical activity.

Performance Standards:
3.2.1 analyze developmentally appropriate physical activities for recess, sport and recreation
3.2.2 plan a regular physical activity program and records participation
3.2.3 engage in regular physical activity outside the school setting
3.3.1 initiate and organize physical activity with family and friends
3.3.2 initiate and organize appropriate group activities at recess

Health Standard (HS)
Standard 4: The student will understand the relationship of physical activity and rest to healthy living.
4.1 explain the importance of participation in the recommended one hour of daily physical activity
4.2 identify personal physical activity goals needed to achieve overall wellness
4.3 explain the role of adequate sleep in health and performance of daily activities

<table>
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<th>Learning Target</th>
<th>Knowledge &amp; Processes</th>
<th>Student Friendly</th>
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| (Standard 3) A physically educated student participates regularly in physical activity. | Knowledge:  
- Appropriate physical activities outside of the school setting  
- Appropriate physical activities for recess  
- Structured and non-structured physical activity settings  
- Frequency of physical activity  
Processes:  
- Participate voluntarily in physical activity outside the physical education class  
- Identify and evaluate the use of opportunities at school and in the community for regular participation in physical activity  
- Apply physical education skills and knowledge for increased physical activity at recess and in the community  
- (HS) - identify the effects of physical exercise on muscular growth and development  
- (HS) - select physical activities that will promote personal fitness | I can list good activities for recess, sports, and for fun.  
I can keep a record of my physical activity.  
I can do physical activity after school.  
I can play with family and friends.  
I can lead my friends in games during recess. |