PHYSICAL EDUCATION
I CAN!

- I CAN apply advanced movements and skills while participating in organized team and individual sports/activities.

- I CAN analyze and compare health and fitness levels during various activities using a technological device.

- I CAN adjust pacing to keep my heart rate in the target zone, using a heart rate monitor and/or pedometer.

- I CAN show personal etiquette, respect, and safety skills during physical activities.

- I CAN use literacy skills in the creation and interpretation of my own lifetime fitness plan.