**My Learning Intention and Success Criteria PE.S3.E4 Individual Component Version**

|  |
| --- |
| **Learning Intention:** I am learning to demonstrate knowledge and skills to achieve and maintain a health-enhanced level of physical activity. |
| **Pre** | **My Success Criteria** | **Post** | **Why am I learning this?** |
| I’m ThereOn My WayGetting Started | I recognize the importance of warm-up and cool-down.  | I’m ThereOn My WayGetting Started |  |
| I’m ThereOn My WayGetting Started | I can list. define, and demonstrate the five components of health-related fitness. | I’m ThereOn My WayGetting Started |
| I’m ThereOn My WayGetting Started | I can identify and apply FITT to my fitness plan (frequency, intensity, time, type). | I’m ThereOn My WayGetting Started |
| I’m ThereOn My WayGetting Started | I can experience and explain how the muscular and skeletal systems work together to allow movement. | I’m ThereOn My WayGetting Started |
| **Vocabulary:**Warm-up Cool-down Fitness Muscular System Skeletal System FITT Principle Movement Physical Activity  |
| **ELP:** | **Standard:**AZ.PE.S3.E4 The physically active individual demonstrates the knowledge and skills to achieve and maintain a health-enhanced level of physical activity and fitness |
| **What stuck with me? Why is it important to remember?**(include any combination of images, numbers, and words) |