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

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| **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 There  On My Way  Getting Started | I recognize the importance of warm-up and cool-down. | I’m There  On My Way  Getting Started |  |
| I’m There  On My Way  Getting Started | I can list. define, and demonstrate the five components of health-related fitness. | I’m There  On My Way  Getting Started |
| I’m There  On My Way  Getting Started | I can identify and apply FITT to my fitness plan (frequency, intensity, time, type). | I’m There  On My Way  Getting Started |
| I’m There  On My Way  Getting Started | I can experience and explain how the muscular and skeletal systems work together to allow movement. | I’m There  On My Way  Getting 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) | | | |