

Psychomotor Outcomes

- Demonstrate and apply Fundamental Movement Skills in an Authentic Situation

Cognitive Outcomes

- Identify skill themes
- Identify how force affects the movement of objects
- Apply the components of the FITT Guidelines to develop personal fitness goals
- Identify the relationship between nutrition and physical activity
- Identify, recognize, and analyze the activities that improve aerobic fitness, muscular strength, and flexibility

Affective Outcomes

- Demonstrate safety, effort, cooperation, responsibility, compassion and inclusiveness