

## WAB ES Achievement Standards

Physical Education				
Age Range:	ECC - KG	G1 - G2	G3 – G4	G5
<b>Achievement Standards:</b>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Explore the variety of ways in which they are able to use their bodies with basic control and coordination and express themselves.</li> <li>• Solve simple problems and tackle appropriate physical challenges individually or with a partner.</li> <li>• Be eager to manipulate a variety of equipment and apparatus</li> <li>• Be exposed to a number of activities that will develop gross motor skills.</li> <li>• Listen and respond positively to safe behaviour practices and begins to recognize the importance of fair play</li> <li>• Talk about how the body feels during exercise and begin to develop an awareness of why we exercise</li> <li>• Begin to use cognitive abilities to explore simple PE concepts</li> <li>• Experience challenge and joy as they sense a growing competence in their movement ability</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Discover the capabilities of their bodies and the variety of ways in which they are able to use their bodies to link movement skills and perform sequences</li> <li>• Solve problems, address physical challenges and function as part of a small group</li> <li>• Manipulate equipment and apparatus with some control in a range of situations</li> <li>• Be exposed to a number of activities that will develop gross motor skills that may later be applied in various sports</li> <li>• Understand how to exercise safely and use safe behaviour practices within and beyond the school setting. Gain an awareness of fair play and apply with little reinforcement.</li> <li>• Explore the aspects of a healthy and active lifestyle. Recognise the physiological signs associated with exercise.</li> <li>• Deepen their understanding of introductory movement concepts</li> <li>• Value physical activity for the intrinsic feelings it generates</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Select ways to use their bodies in response to a variety of stimuli and develop more complex movement sequences</li> <li>• Solve problems, address physical challenges, function as part of a group and vary how they respond to increasingly complex situations</li> <li>• Demonstrate locomotor and manipulative skills in combination with each other in a dynamic and complex environment</li> <li>• Be exposed to a number of activities that will develop gross motor skills that may later be applied in various sports</li> <li>• Communicate and model safe behaviour practices and fair play.</li> <li>• Compare and contrast lifestyles and the ways they impact on overall fitness and well-being. Complete standardized fitness testing, interpret results and understand their significance.</li> <li>• Comprehend more complex movement concepts and apply them to a new activity</li> <li>• Identify positive feelings associated with participation and enjoy broadening their repertoire of movement skills.</li> </ul>	<p>Students will:</p> <ul style="list-style-type: none"> <li>• Continue to compose movement sequences. Performance shows an increase in complexity, precision, control and fluency</li> <li>• Recognise individual differences in a group and utilize these when solving complex challenges</li> <li>• Use, compare and comment on locomotor and manipulative skills in order to improve performance in modified games and activities of increasing complexity.</li> <li>• Be exposed to a number of activities that will develop gross motor skills that may later be applied in various sports</li> <li>• Identify and make responsible decisions in regard to safe behaviour practice, environments and fair play.</li> <li>• Recognise that specific factors influence physical well-being and capabilities. Gain an understanding of training principles and set realistic individual goals that can be measured.</li> <li>• Exhibit higher levels of understanding and application of movement concepts. They know when, why and how to use relevant strategies.</li> <li>• Become aware and explore a number of positive leisure time pursuits accessible to them</li> </ul>