

Grade 4 – 6 Active Living

Prescribed Learning Outcomes in Physical Education and Daily Physical Activity

The Healthy Living Performance Standards represent selected PLO's at these grade levels. A complete list of PLO's can be found at [Physical Education](#) and [Daily Physical Activity](#)

Grade Four

Active Living

Knowledge

A1 describe physical and emotional health benefits of regular participation in physical activity (e.g., building strong bones and muscles, improved flexibility, improved self-image, opportunities for making friends)

A2 identify the major muscles of the body that are involved in physical activity

A3 demonstrate various ways to monitor exertion during physical activity (e.g., heart rate monitoring by checking pulse, monitoring ability to talk during activity)

A5 identify opportunities for physical activity in a variety of settings

Participation

A6 participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities

Grade Five

Active Living

Knowledge

A1 describe the personal physical and emotional health benefits of regular participation in physical activity (e.g., increased confidence, increased overall energy, a fun way to meet new friends)

A2 define the components of fitness as being muscular strength and endurance, cardiovascular endurance, and flexibility

A4 set a personal goal for physical activity

Participation

A5 participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities that develop muscular strength and endurance, cardiovascular endurance, and/or flexibility

Grade Six

Active Living

Knowledge

A1 relate personal physical and emotional health benefits to regular participation in physical activity (e.g., energy, endurance, stress management, fresh air and sunshine when activities are done outside)

A2 relate the development of muscular strength and endurance, cardiovascular endurance, and flexibility to participation in specific physical activities

A4 monitor own exertion while participating in physical activity (e.g., manual or electronic heart rate monitoring)

A5 set personal goals for attaining and maintaining a physically active lifestyle

Participation

A6 participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities that develop muscular strength and endurance, cardiovascular endurance, and/or flexibility