

## **K to 3 Active Living**

### **Prescribed Learning Outcomes in Physical Education (PE) and Daily Physical Activity (DPA)**

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](#)

#### **Kindergarten**

##### **Active Living**

##### **Knowledge**

A1 identify benefits of regular participation in physical activity (e.g., it's fun, it helps them grow strong, and it keeps the heart healthy)

A2 identify physical activities they enjoy doing

A3 identify the importance of food as fuel for physical activity

##### **Participation**

A4 participate daily (e.g., five times a week) in moderate to vigorous physical activities

#### **Grade One**

##### **Active Living**

##### **Knowledge**

A1 describe benefits of regular participation in physical activity (e.g., it's fun, it's good for their bodies, and it provides opportunities to make new friends)

A2 identify the parts of the body that can work together during physical activity (e.g., heart, lungs, legs, arms, feet, hands)

A3 identify choices they can make to be more physically active

A4 describe the importance of choosing healthy food as fuel for physical activity

A5 identify physical activities they feel they do well

##### **Participation**

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

#### **Grade Two**

## **Active Living**

### **Knowledge**

A1 describe the personal benefits of regular participation in physical activity (e.g., it makes bones stronger, it increases overall health, and it's a way to make new friends)

A2 describe physical responses that take place in the body during physical activity (e.g., increased heart rate, breathing becomes more rapid, muscles feel tired)

A3 describe the importance of food, water, and sleep as fuel for physical activity

A4 identify physical abilities they would like to develop

### **Participation**

A5 participate daily (e.g., five times a week) in moderate to vigorous physical activities

## **Grade Three**

## **Active Living**

### **Knowledge**

A1 describe the importance of regular, sustained participation in physical activity for developing the strength of the heart, lungs, muscles, and bones

A2 describe healthy nutritional choices for physical activity

A3 identify choices people can make to be more active

A4 identify the characteristics of athletes and physically active people they admire (e.g., other students in

the school, family members, community role models, Olympic athletes)

### **Participation**

A5 participate daily (e.g., five times a week) in moderate to vigorous physical activities