

IRP	Grade	Selected PLOs related to Sustainability & the Environment	Complexity	Aesthetics	Responsibility	Ethics
PHYSICAL EDUCATION (2006)	Note for P.E. K-7	Physical Education PLOs readily invite the use of outdoor environments as a context for learning activities. Incorporating active, physical components into cross-curricular studies of sustainability and environmental issues also has great potential to enhance learning with C.A.R.E. in mind.	C	A	R	E
	K	• participate daily (e.g., five times a week) in moderate to vigorous physical activities			R	E
		• identify physical activities they enjoy doing				E
	1	• use their bodies to create shapes (e.g., by bending, curling, pulling, pushing, stretching, swinging, and/or twisting)	C	A	R	E
		• participate daily (e.g., five times a week) in moderate to vigorous physical activities			R	E
	2	• identify choices they can make to be more physically active			R	E
		• participate daily (e.g., five times a week) in moderate to vigorous physical activities			R	E
	3	• describe the personal benefits of regular participation in physical activity	C		R	E
		• participate daily (e.g., five times a week) in moderate to vigorous physical activities			R	E
	4	• identify choices people can make to be more active			R	E
		• demonstrate leadership in physical activity			R	E
	5	• participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities			R	E
		• demonstrate leadership in selected physical activities			R	E
	6	• participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities			R	E
		• set a personal goal for physical activity			R	E
	7	• demonstrate leadership in physical activity			R	E
		• participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities			R	E
	6	• set personal goals for attaining and maintaining a physically active lifestyle	C		R	E
		• participate daily (e.g., five times a week) in a variety of moderate to vigorous physical activities			R	E
	7	• design a plan for achieving physical activity goals	C		R	E
		• apply learned movement skills in new and unfamiliar physical activities	C			
	7	• model leadership in creating a positive climate for physical activity			R	E

