

SLO Presentation

Physical Education

Date: 03/27/2018

Physical Education
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PSLO <ul style="list-style-type: none">• 1. Demonstrate the fundamental skills, knowledge of wellness and physical activity.• 2. Apply etiquette vocabulary used in the practice and performance of physical activity• 2. Demonstrate personal fitness goal achievement.• 2. Demonstrate the basic components of fitness and physical activity.• 2. Demonstrate the basic components of fitness and physical activity.• 3. Identify and assess their current fitness level.• 3. Understand the basic components of fitness and physical activity.• 4. Demonstrate the fundamental skills, knowledge of wellness and physical activity.• 4. Understand the basic components of fitness and physical activity.• 5. Apply etiquette vocabulary used in the practice and performance of physical activity.• 5. Demonstrate personal fitness goal achievement.• 6. Identify and assess their current fitness level• 7. Identify major muscle groups for exercise• Identify major muscle groups for exercise.