

At the end of this instructional module, students will be able to answer the following essential questions.

1. What are the rules and routines that I need to know to be safe and successful in physical education class?
2. How can I demonstrate respectful behavior in physical education?
3. What are the components of health-related fitness?



Priority Outcomes
Demonstrates Responsible Behaviors



Personal Responsibility & Safety

- (3) Works independently and safely in physical activity settings.
- (4) Exhibits responsible behavior in independent group situations.
- (5) Engages in physical activity with responsible interpersonal behavior (e.g., peer to peer, student to teacher).

Working with Others

- (3) Works cooperatively with others.
- (4) Accepts “players” of all skill levels into the physical activity.
- (5) Accepts, recognizes, and actively involves others with both higher/lower skill abilities into physical activities and projects.

Etiquette

- (3) Recognizes the role of rules and etiquette in physical activity with peers.
- (4) Exhibits etiquette and adherence to rules in a variety of physical activities.
- (5) Critiques the etiquette involved in rules of various game activities.