



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

1. What is responsibility and how can I demonstrate responsibility during physical education class?
2. What is self-control and why is it important?
3. What is grit? How is grit related to maintaining personal health?



Priority Outcomes

Values Physical Activity & Self-Awareness



Values Physical Activity for Personal Health

- (K) Recognizes physical activity is important for good health.
- (1) Recognizes physical activity is important of good physical, emotional, and mental health.
- (2) Identifies ways that physical activity improves physical, emotional, and mental health.
- (3) Discusses the relationship between physical activity and good health.
- (4) Examines the health benefits of available physical activity options.
- (5) Compares the health benefits of available physical activity options.

Self-Awareness (Empowerment)

- (Elementary) Identifies personal thoughts and values that contribute to confidence and optimism.