HORNET TARGETS

"CAN I?"

HIGH SCHOOL LEISURE PE

Discover · Explore · Practice · Create

Target #	*Standard*	*Target*	*Can I?'s*
1	Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games).24 (S1.H1.L1)	I CAN demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities.	• Participate in multiple lifelong activities? • Describe the rules of multiple lifelong activities?
2	Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)	I CAN demonstrates proper etiquette during leisure sport/game activities.	• Participate in leisure activities using appropriate language? • Demonstrate teamwork during leisure activities when working in a group setting? • Show good sportsmanship during leisure activities?
3	Analyzes the health benefits of a self-selected physical activity. (S5.H1.L1)	I CAN demonstrate the health benefits of multiple leisure activities.	• Participate in leisure activities for physical health benefits such as CVE, MSE.MS, Flexibility.
4	Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. (S5.H3.L1)	I CAN demonstrate self-expression- and enjoyment through leisure physical activities?	• Participate in leisure activities for mental health benefits such as social interaction, stress management, personal enjoyment?