

Active Participation Learning Goals

During each class I will...



Active Living

- Participate actively in a wide variety of activities
- Work to improve my personal physical fitness



Movement Competence

- Perform movement skills to the best of my ability
- Apply the appropriate strategies



Living Skills (Personal)

- Demonstrate responsibility for my actions and my learning
- Use time-management and organizational skills



Living Skills (Interpersonal)

- Communicate information with clarity and confidence
- Demonstrate positive relationships between myself and others



Living Skills (Critical Thinking)

- Transfer my learning into new situations
- Use effective decision making skills in pursuit of a healthy lifestyle