

SRPSD INSTRUCTIONAL PHYSICAL EDUCATION 20/30

April 2015

Active Living	AL	AL
Develop water-related skills in order to be comfortable in an environment	AL20.1	AL30.1
Develop an appreciation of the contribution of aquatics to personal fitness	AL20.2	AL30.2
Develop skills which promote lifelong pursuit of activity through games and sport	AL20.3	AL30.3
Develop an appreciation of the contribution games and sports make to personal fitness	AL20.4	AL30.4
Develop educational gymnastic skills which will promote lifelong leisure activity	AL20.5	AL30.5
Develop an appreciation of and respect for the educational gymnastics environment	AL20.6	AL30.6
Develop an appreciation of the contribution of educational fitness to personal fitness	AL20.7	AL30.7
Develop an appreciation of the role physical fitness plays in achieving and maintaining a personal sense of well-being	AL20.8	AL30.8
Develop skills which promote lifelong outdoor leisure pursuits	AL20.9	AL30.9
Develop an appreciation of the contribution outdoor pursuits make to personal fitness	AL20.10	AL30.10
Develop dance or rhythmic skills which promote lifelong leisure activity	AL20.11	AL30.11
Develop an appreciation of the contribution of dance or rhythmic to personal fitness	AL20.12	AL30.12
Skillful Movement	SM	SM
Develop water related skills which promote lifelong recreational activity	SM20.1	SM30.1
Develop skills enabling increased comfort in a games and sports environment	SM20.2	SM30.2
Develop skills in order to be comfortable in an educational gymnastics environment	SM20.3	SM30.3
Develop skills enabling increased comfort in an outdoor environment	SM20.4	SM30.4
Develop skills enabling increased comfort in a dance or rhythmic environment	SM20.5	SM30.5
Relationships	R	R
Develop an appreciation of the contribution of aquatics to personal fitness	R20.1	R30.1
Develop an appreciation of the role culture plays in games and sports	R20.2	R30.2
Develop an appreciation for and respect for the outdoor environment	R20.3	R30.3

For detailed information on PE20/30 foundational and learning objectives refer to pp. 108-122 in the [Instructional Physical Education 20/30 \(1994\) curriculum guide](#).

“It is not necessary to attempt to meet all the objectives stated on these pages. In consultation with students, teachers will be able to determine which objectives best deal with individual and group needs” (p. 107).

“Foundational objectives form the basis for curriculum assessment and student evaluation. No matter what strategies are used, foundational objectives should be the main focus of evaluation” (p. 93).