



P A S S P O R T T O W I N T E R F U N


Application on New Hampshire Physical Education Curriculum Guidelines


Curriculum Guideline 1: Engages in a physically active lifestyle

Grades K-2	Grades 3-5	Grades 6-8
<ol style="list-style-type: none"> 1. Participate in daily physical activity during and after school. 2. Identify the physiological changes in the body during physical activity. 3. Identify benefits gained from participation in physical activity. List activities that will promote a physically active lifestyle. 	<ol style="list-style-type: none"> 1. Participate in daily physical activities that promote healthy lifestyles based on personal abilities and interest. 2. Discuss reasons for participating in physical activity. 3. Identify personal reasons for participating in physical activity. 4. Describe health benefits that result from regular and appropriate participation in physical activity. 	<ol style="list-style-type: none"> 1. Participate in daily physical activities that promote healthy lifestyles based on personal abilities and interest. 2. Set personal physical activity goals. 3. Identify long-term benefits that may result from regular participation in physical activity.

 The Passport to Winter Fun (PTWF) program encourages students to try new and different activities to stay active in the winter.


 The passport itself serves as a log, which students can utilize to keep track of their daily physical activity, fostering an interest in continuing to log activity after the program is over.

 The PTWF program encourages students to establish the goal of exercising at least 30 minutes/day, and reinforces the commitment to this goal with incentive prizes.

 The PTWF program will build on students' knowledge of the physiological changes that occur during physical activity, as they feel and notice the different effects of their outdoor winter activities on their bodies.

Curriculum Guideline 2: Achieves and maintains a health enhancing level of physical fitness.

Grades K-2	Grades 3-5	Grades 6-8
<ol style="list-style-type: none"> 1. Participate in daily health-enhancing physical activities. 2. Participates in aerobic, anaerobic, muscular strength/endurance and flexibility activities. 3. Progress in vigorous and fun activities from shorter to longer periods of time. 	<ol style="list-style-type: none"> 1. Participate in daily health-enhancing physical activities. 2. Participates in aerobic, anaerobic, muscular strength/endurance and flexibility activities. 3. Describe short and long term benefits of engaging in health-related fitness. 4. Identify health-related fitness components inherent in various activities. 	<ol style="list-style-type: none"> 1. Participate in daily health-enhancing physical activities. 2. Participates in aerobic, anaerobic, muscular strength/endurance and flexibility activities. 3. Describe short and long term benefits of engaging in health-related fitness. 4. Identify health-related fitness components inherent in various activities.

 Many of the activities the PTWF program encourages involve development of a new skill. The hope is to foster a love for different winter activities that students will continue in the future.