

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

## Application on Grade Expectations for Physical Education in Vermont

**Grade Expectation 8:** Students show knowledge of four health related fitness components (cardio-respiratory endurance, flexibility, muscular strength and endurance, and body composition) and identify a variety of activities to develop each component by...

Grades 1-2	Grades 3-4	Grades 5-6
<p>a. Defining in their own words the four health-related fitness components</p> <p>b. Beginning to identify some physiological signs of exercise</p>	<p>a. Defining, applying, and assessing the four health-related fitness components</p> <p>b. Identifying additional physiological effects of the different levels of exercise</p>	<p>a. Beginning to develop a personal fitness plan based on data from a fitness assessment.</p> <p>b. Monitoring their heart rate by taking their pulse after exercise.</p>



The Passport to Winter Fun (PTWF) program will build on students' knowledge about the four health-related fitness components, as they feel and notice the different effects of their outdoor winter activities on their bodies.



The PTWF program is a great first exposure to a simple fitness plan because sets the goal of exercising at least 30 minutes everyday. It will also teach students how to monitor their activity levels and record them in the passport.

**Grade Expectation 9:** Students show awareness of personal responsibility for individual wellness by...

Grades 1-2	Grades 3-4	Grades 5-6
<p>a. Identifying an activity and a benefit associated with each of the four health-related fitness components.</p>	<p>a. Identifying a wider range of activities and a benefits associated with the four health-related fitness components.</p>	<p>a. Beginning to set goals that demonstrate an understanding of the link between exercise, nutrition, fitness and select the appropriate activities to meet these goals.</p> <p>b. Demonstrating physical activity as an important component of personal wellness, by developing skills in order to participate in lead-up activities for leisure and lifetime sports and dance.</p>



The PTWF program encourages students to try new and different activities to stay active in the winter.



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



Many of the activities that are encouraged by the PTWF program involve development of a new skill, such as skiing or skating. The hope is to foster a love for different winter activities that students will then continue in the future.

\*These Grade Expectations are not assessed at the PK and K levels

Mueller, D. "Grade Expectations for Vermont's Framework of Standards and Learning." *Vermont Department of Education* (2004).