D:\Users\plbiddle\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\GYNS4DHI\MC900231611[1].wmfD:\Users\plbiddle\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\4VHFCBC8\MC900436023[1].wmfThe Health and Physical Education Learner Profile

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| Attribute |  |
| Inquirers | Students will explore the role of physical activity in their life and culture. They will examine how fitness levels and nutrition affect quality of life. How has a lack of fitness affected society? What do we learn from sports or organized activity? |
| Knowledgeable | Students will learn how the body works in regards to energy in and out. How the body uses different types of foods during anaerobic and aerobic activity. Students will become knowledgeable in anatomy, movement, sports, and how to apply strategies. |
| Thinkers | Students will demonstrate knowledge and skill, based on application of strategy and problem solving. Students will analyze best practices for gathering information/data and how to judge its relevance and quality. |
| Communicators | Students will become aware of different types of communication and be willing to express their ideas in a fair and mature manner. Students will collaborate with peers and strive towards common goals, regardless of differences. |
| Principled | Students will examine honesty in sports and competition. How has a lack of honesty changed sports? Does this reflect a change in society? Do sports have norms? Do we have a responsibility to be fit? |
| Open-minded | Students will willingly strive to understand differences and experience various kinds of physical activities. Students must take into consideration how a person’s background, experiences, abilities, and fitness levels can affect a person’s success and enthusiasm for physical activity. |
| Caring | Students will demonstrate a team atmosphere. Students will be encouraged to support each other during activities and especially when students struggle. Students will develop their skills for giving feedback to teachers, peers, and self. |
| Risk-takers | Students are encouraged to focus on the “learning process” not just the outcome. Students will experience failure and success. Taking risks is a part of learning new skills and gaining new experiences. |
| Balanced | Students will embrace the idea of total health and realize that we need to achieve balance in all aspects of our life to be healthy. Total health is a balance of mental, social, and physical health. |
| Reflective | Students will use reflection to increase learning. Reflection as a means of self –evaluation will bolster understanding. It will also be a means for embracing strengths and limitations. |