5 Physical Education/Health Education Specific Learning Outcomes

1. Movement
   - K.1.5.A.1: Analyze the effects of physical activity on the body's systems and organs
   - K.2.5.C.1: Describe the effects of aerobic activities and inactivity on the cardiovascular system
   - K.2.5.C.2: Describe the effects of aerobic activities and inactivity on the nervous system
   - K.2.5.C.3: Describe the effects of aerobic activities and inactivity on the respiratory system
   - K.2.5.C.4: Perform simple officiating duties

2. Fitness Management
   - K.2.5.C.1: Identify the intrinsic and extrinsic factors that influence fitness and health
   - K.2.5.C.2: Describe the effects of aerobic activities and inactivity on the cardiovascular system
   - K.2.5.C.3: Describe the effects of aerobic activities and inactivity on the nervous system
   - K.2.5.C.4: Perform simple officiating duties

3. Safety
   - K.3.5.A.1: Describe the effects of aerobic activities and inactivity on the cardiovascular system
   - K.3.5.B.1: Investigate safety concerns in the community and/or the media related to
   - K.3.5.B.2: Describe ways to respond appropriately to potentially dangerous situations
   - K.3.5.B.3: Investigate safety for the prevention of injuries

4. Personal & Social Learning
   - K.4.5.A.1: Identify how one's self-concept and feelings are affected by others
   - K.4.5.A.2: Identify ways of setting group goals
   - K.4.5.B.1: Identify the role of activities and events in the development of personal and social health
   - K.4.5.B.2: Identify qualities of effort

5. Healthy Lifestyle Practices
   - K.5.5.A.1: Describe indicators of health
   - K.5.5.B.1: Describe the effects of aerobic activities and inactivity on the cardiovascular system
   - K.5.5.C.1: Describe the effects of aerobic activities and inactivity on the nervous system
   - K.5.5.D.1: Describe the effects of aerobic activities and inactivity on the respiratory system

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*The student learning outcomes are identified in Knowledge & Skills to Supports Learning and Literacy for Winnipeg, MB: Manitoba Education and Training, 2008.*

1. Movement
   - Movement involves the body's ability to move in space, including the body's movement in response to internal and external stimuli.
   - Movement is essential for physical activity, which can be divided into aerobic and anaerobic activities.

2. Fitness Management
   - Fitness management involves the planning and implementation of fitness programs to improve and maintain physical fitness.
   - Fitness programs are designed to improve and maintain physical fitness and health, including aerobic, anaerobic, and flexibility components.

3. Safety
   - Safety involves the ability to identify and respond to potentially dangerous situations.
   - Safety is essential for the prevention of injuries, including the identification of safety concerns in the community and/or the media.

4. Personal & Social Learning
   - Personal & Social Learning involves the ability to understand and respond to oneself and others.
   - Personal & Social Learning is essential for the development of personal and social health, including the ability to set group goals.

5. Healthy Lifestyle Practices
   - Healthy Lifestyle Practices involve the ability to identify and respond to the effects of aerobic activities and inactivity on the cardiovascular, nervous, and respiratory systems.
   - Healthy Lifestyle Practices are essential for maintaining and improving physical health and well-being.