The student learning outcomes are identified in *S.1.7.D.2* Design and perform, with others, movement sequences that use surfaces...)

*K.1.7.C.1* Identify the importance of following rules and regulations regarding participation in physical activities and/or sports.

*K.2.7.C.2* Identify and explain the FITT principle (i.e., frequency, intensity, time, type).

*K.2.7.C.2b* Identify personal factors and preferences for choosing physical activities (e.g., personal interests, availability, cost, perception of the outcomes, affiliation, competition, cooperation, fun.) for fitness and health.

*S.4.7.A.1b* Participate in continuous aerobic activity for a sustained period of time (i.e., increasing time, frequency, intensity, type).

*K.5.7.E.1b* Explain the human reproduction process and recognize myths related to sexual attraction...

*K.5.7.E.1c* Describe how the endocrine system regulates body changes associated with puberty (i.e., androgen, estrogen, insulin, growth hormone) throughout the year to determine effects of activity participation and/or specific exercises.

*K.5.7.E.2* Identify positive ways of coping with daily moods and emotions associated with physical activity (e.g., changing information, abilities, priorities, setting goals) within school...).