 Dixon Boys Physical Education

After taking this class, I can….

1. Open a padlock, use my gym locker and street locker, to change into my activity clothing, each and every day.
2. Warm up and cool down properly for physical activity.
3. Perform fifteen different stretches that will improve my flexibility, and understand the basic principles of gaining flexibility.
4. Keep a cardiovascular fitness log for two months.
5. Keep a strength log for my strength workouts each Monday, and show a competency in my understanding the basic principles for building strength and in performing strength exercises.
6. Show a competency in performing fifteen different exercises that will improve my core strength.
7. Identify at least four principles to keeping my body fat composition low, and show evidence that I am working on these principles.
8. Identify and perform with competancy at least three “practice” skills in each of the team sport units in PE.

I understand what I am expected to learn in PE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(print name)