

<p>M</p> <p>T</p>	<ul style="list-style-type: none"> - As part of the daily warm up students will set goals and monitor progress towards meeting CT Health Related Fitness Standards in muscular strength, muscular endurance, flexibility and cardiovascular endurance - Students will engage in one-on-one, small group and team discussions where they will effectively communicate strategies, rules, scoring and apply those discussions in their activity 	<ul style="list-style-type: none"> techniques being used - looking for application of specific strategies - looking for understanding of rules and specific concepts needed - Checklists <ul style="list-style-type: none"> - looking for correct use of techniques used in active situation - student checklist for physical fitness standards and personal goals - Group Discussion <ul style="list-style-type: none"> - Student led and teacher led discussions showing understanding of concepts and building on ideas to improve activity, game, goals - looking for ability to communicate effectively with peers while participating in activity
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