Intermediate Activities incorporates more in-depth instruction and application of the elements of physical fitness. Students master the ability to connect proper nutritional choices and physical activity for the maintenance of a lifelong healthy lifestyle. Activities are introduced that are increasingly more complex in content, concept, and skill development and execution.

By the End of Quarter One, I Can:

* Demonstrate a mastery of basic physical manipulative skills (throwing, catching, kicking, and striking a variety of objects).
* Participate in a physical activity that lasts for more than 20 minutes.
* Perform non-movement skills such as stretching during warm-up and cool-down, working individually and with a partner.
* Perform manipulative skills with accuracy and force while moving or being guarded.
* Demonstrate correct transfer of weight, follow through, and body-target alignment in a variety of activities.
* Explain the connection between proper nutrition, health and wellness.
* Perform an individual fitness assessment and create a personal fitness program to improve my health.
* Explain the difference between offensive and defensive strategies in a variety of games.
* Demonstrate an understanding of overload in improving individual fitness.
* Set personal goals and create a plan to improve my individual fitness

By the End of Quarter Two, I Can:

* Demonstrate a mastery of basic physical manipulative skills (throwing, catching, kicking, and striking a variety of objects).
* Participate in a physical activity that lasts for more than 20 minutes.
* Participate in a variety of dances such as square, folk, aerobic, ballroom, and line.
* Perform rhythmic activities from a variety of cultures such as Native American, African, and Latin American.
* Explain the concept of core strength and its relationship to my overall health.
* Compare and contrast the positive and negative effects of peer pressure regarding participation in physical activity.
* Track personal improvement of physical fitness through the use of a fitness journal.
* Participate in daily stretching to promote and improve individual flexibility.
* Explain the concept of energy balance.
* Create a meal plan based on the food pyramid.