

I CAN

MONITOR MY PHYSICAL EXERTION LEVELS

PHYSICAL LITERACY

1-5 PHYSICAL EXERTION SCALE



1 COOL "BREATHING IS EASY"



2 GETTING WARMER "CAN CARRY ON A CONVERSATION"



3 WARM "I'M HUFFING AND PUFFING"



4 GETTING HOT "I CAN'T BLOW OUT A CANDLE"



5 VERY HOT "I'M COMPLETELY OUT OF BREATH, I CAN'T EVEN TALK"

GRADES K-1

Describe the body's reaction to participating in physical activity in a variety of environments

GRADES 2-4

Apply methods of monitoring exertion levels in physical activity

GRADES 5-7

Apply methods of monitoring and adjusting exertion levels in physical activity