

Week 1-4	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) Why is it important to work cooperatively with peers to achieve a goal?	1) How can I demonstrate critical elements in locomotor and manipulative skills in physical activity?	1) What are the five health-related fitness components?	1) Why is it important to follow rules?
Essential Questions Gr 4	1) Why is it important to set up goals in successful completion while working productively and respectfully with others?	1) How can I demonstrate mature forms in locomotor and manipulative skills in modified activities?	1) How do the five health-related fitness components apply to physical activity?	1) What is etiquette? 2) How does etiquette apply to rules and procedures?
Essential Questions Gr 5	1) What is the relationship between respectful behavior and working with others in physical activity?	1) How can I demonstrate mature forms in locomotor and manipulative skills in dynamic environment?	1) What is the relationship between heart rate and cardiorespiratory fitness?	1) What are consequences if I don't follow the rules?
OPEN Module	PSR Module	PSR Module	Plug & Play Fitness Module	PSR Module
Activities	<ul style="list-style-type: none"> Robotics Lab Down and Back Relay Machine Shop Cooperative Triathlon 	<ul style="list-style-type: none"> Foam Ball Frenzy Cooperative Triathlon Aerobic Pattern Perfection 	<ul style="list-style-type: none"> Aerobic Build Break Fitness UNO Color Crushers 	<ul style="list-style-type: none"> Reflection Perfection Ice, Water, Stream Machine Shop Station Day
Assessment(s)	<ul style="list-style-type: none"> Academic Language DOK Questions 	<ul style="list-style-type: none"> Self-Assessment Holistic Performance Rubric 	<ul style="list-style-type: none"> DOK Exit Slip 	<ul style="list-style-type: none"> Self-Assessment Holistic Performance Rubric
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> S4.[3.c] 	<ul style="list-style-type: none"> S1.[3.a] 	<ul style="list-style-type: none"> S3.[3.a] 	<ul style="list-style-type: none"> S4.[3.a]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> S4.[4.a] 	<ul style="list-style-type: none"> S1.[4.a] 	<ul style="list-style-type: none"> S3.[4.a] 	<ul style="list-style-type: none"> S4.[4.c]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> S4.[5.e] 	<ul style="list-style-type: none"> S1.[5.a] 	<ul style="list-style-type: none"> S3.[5.f] 	<ul style="list-style-type: none"> S4.[5.a]
Notes				

Week 5-8	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) Why is identifying activity levels important in PE?	1) How can I use the health-related fitness components in each physical activity?	1) How does energy balance relate to good nutrition and physical activity?	1) How do I apply rules and guidelines to appropriate behavior?
Essential Questions Gr 4	1) What is the relationship between MVPA and energy balance?	1) How can I create a SMART goal that improves my health-related fitness components?	1) How does the body use each macronutrient?	1) What is integrity? 2) Why is integrity important in physical activity settings?
Essential Questions Gr 5	1) Why is 60 minutes of moderate to vigorous daily physical activity important to my health?	1) How can I use SMART goals to start a fitness plan and reflect on my personal fitness?	1) How can portion size affect my body?	1) Why is it important to understand and follow safety rules in fitness and physical activities?
OPEN Module	Fitness Knowledge Module	Fitness Knowledge Module	Fitness Knowledge Module	Fitness Knowledge Module
Activities	<ul style="list-style-type: none"> 1-Minute Fitness Challenges Invisible Dumbbells Roll the Dice 	<ul style="list-style-type: none"> Plank Tag 1-Minute Challenges Dice Stretch Dynamic Warm-Up Health-Related Fitness Challenges 	<ul style="list-style-type: none"> Plank Tag Walk and Talk Cool-Down Food Card Warm-up Roll the Dice 	<ul style="list-style-type: none"> Invisible Dumbbells Dice Stretch Dynamic Warm-Up Skill-Related Fitness Challenges
Assessment(s)	<ul style="list-style-type: none"> Student Fitness Portfolio Academic Lang Quiz DOK Questions 	<ul style="list-style-type: none"> Holistic Performance Rubric 	<ul style="list-style-type: none"> Student Fitness Portfolio Self-Assessment 	<ul style="list-style-type: none"> Holistic Performance Rubric
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> S3.[3.d] 	<ul style="list-style-type: none"> S3.[3.c] 	<ul style="list-style-type: none"> S5.[3.a] 	<ul style="list-style-type: none"> S4.[3.b]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> S5.[4.g] 	<ul style="list-style-type: none"> S3.[4.c] 	<ul style="list-style-type: none"> S5.[4.c] 	<ul style="list-style-type: none"> S4.[4.d]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> S5.[5.f] 	<ul style="list-style-type: none"> S3.[5.c] 	<ul style="list-style-type: none"> S5.[5.c] 	<ul style="list-style-type: none"> S4.[5.b]
Notes	PE=Physical Education MVPA=Moderate to Vigorous Activity	SMART=Specific, Measurable, Attainable, Realistic, Timely		

Week 9-12	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) What is important to know when moving to open space?	1) What can I do to demonstrate the critical elements of dribbling a soccer ball?	1) What can I do to incorporate health-related components in each activity?	1) How can I demonstrate communication and working cooperatively with my peers?
Essential Questions Gr 4	1) Why is it important to understand the difference between opening and closing space?	1) What can I do to demonstrate mature patterns of dribbling with my non-dominant and dominant foot?	1) How does cardiorespiratory system relate to movement skills?	1) Why is working productively with a partner and others important?
Essential Questions Gr 5	1) What is force? 2) Why is force and accuracy effective when striking a ball?	1) What can I do to demonstrate mature patterns in dynamic situations?	1) Why should I calculate my heart rate during physical activities?	1) What is the importance of inclusion in soccer?
OPEN Module	Soccer Skills Module	Soccer Skills Module	Plug & Play Fitness Module	Soccer Skills Module
Activities	<ul style="list-style-type: none"> Scramble Keep Away Soccer Tag Shooting Thunder 	<ul style="list-style-type: none"> Scramble Pass vs. Dribble Shark Attack Keep Away 	<ul style="list-style-type: none"> Free Foam Ball Fitness Aerobic Treasure Grab Plank Tag Relay 	<ul style="list-style-type: none"> Keep Away Windows Soccer Golf Station Day
Assessment(s)	<ul style="list-style-type: none"> Academic Language Quiz DOK Questions 	<ul style="list-style-type: none"> Self-Assessment Worksheet Holistic Performance Rubric 	<ul style="list-style-type: none"> DOK Exit Slip 	<ul style="list-style-type: none"> Holistic Performance Rubric
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> S2.[3.a] 	<ul style="list-style-type: none"> S1.[3.a] 	<ul style="list-style-type: none"> S3.[3.b] 	<ul style="list-style-type: none"> S4.[3.c]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> S2.[4.f] 	<ul style="list-style-type: none"> S1.[4.a] 	<ul style="list-style-type: none"> S2.[4.a] 	<ul style="list-style-type: none"> S4.[4.a]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> S2.[5.c] 	<ul style="list-style-type: none"> S1.[5.a] 	<ul style="list-style-type: none"> S3.[5.e] 	<ul style="list-style-type: none"> S4.[5.d]
Notes				

Week 13-16	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) How can my muscles and bones help my body perform each physical activity?	1) How can I perform gymnastic sequences using jumps, rolls, balances, and weight transfer skills?	1) How can I identify health-related components in each physical activity?	1) Why is it important to be safe and follow the rules in gymnastics?
Essential Questions Gr 4	1) What bones and muscles do I need to perform each physical activity?	1) Why is knowing different gymnastic skills important to perform a sequence?	1) What activities can improve my health-related fitness?	1) What can I do to apply the rules to each physical activity?
Essential Questions Gr 5	1) How can I perform specific movements using my body systems, bones, and muscles?	1) How can I create smooth transitions when performing gymnastic sequences?	1) Using my fitness data, how can I identify what I need to do to increase my personal fitness?	1) What is one rule I need to create and know to provide safety?
OPEN Module	Educational Gymnastics Module	Educational Gymnastics Module	Educational Gymnastics Module	Educational Gymnastics Module
Activities	A complete module aligned to the Virginia Standards of Learning is currently under development.			
Assessment(s)	Currently Under Development			
Focused Standards Gr 3 (Codes Only)	• S2.[3.e]	• S1.[3.d]	• S3.[3.b]	• S4.[3.a]
Focused Standards Gr 4 (Codes Only)	• S2.[4.e]	• S1.[4.c]	• S3.[4.a]	• S4.[4.c]
Focused Standards Gr 5 (Codes Only)	• S2.[5.b]	• S1.[5.b]	• S3.[5.b]	• S4.[5.b]
Notes				

Week 17-20	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) What will happen if I leave too much open space on one side of the net?	1) What can I do to demonstrate the critical elements of striking a ball?	1) How can I maintain a moderate to vigorous activity level in each physical activity?	1) Why is it important to communicate with others when working on the same goal?
Essential Questions Gr 4	1) How can I close space to be more successful at returning the ball?	1) What can I do to demonstrate mature patterns of striking a ball?	1) How can I control my energy to stay in a moderate to vigorous activity level?	1) What can I do to work productively and respectfully with others on a goal?
Essential Questions Gr 5	1) How can I optimize the use of the space to gain an advantage? 2) How can I use force and accuracy to improve my skill?	1) How can I strike the ball using a mature pattern in a dynamic and unpredictable situation?	1) What can I do to stay active for 60 minutes a day at a moderate to vigorous activity level?	1) How can I demonstrate respectful behavior in a physical activity setting?
OPEN Module	Pickleinton Module	Pickleinton Module	Plug and Play Fitness Module	Pickleinton Module
Activities	<ul style="list-style-type: none"> Pancake Flipper Birdie in the Cage Time to get SMART 1v1 Pickleinton 2v2 Pickleinton 	<ul style="list-style-type: none"> Birdie in the Cage Splat the Spot Peer Assessment 1v1 Pickleinton 	<ul style="list-style-type: none"> Aerobic Build & Break Team Triangle Tag Core Balance Tag 	<ul style="list-style-type: none"> Hello Paddle Time to Get SMART 2v2 Pickleinton Station Day
Assessment(s)	<ul style="list-style-type: none"> Academic Language Quiz DOK Questions 	<ul style="list-style-type: none"> Peer Assessment Self-Assessment Performance Rubric 	<ul style="list-style-type: none"> DOK Exit Slips 	<ul style="list-style-type: none"> Self-Assessment Performance Rubric SMART Goal Guidelines
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> S2.[3.a] 	<ul style="list-style-type: none"> S1.[3.a] 	<ul style="list-style-type: none"> S3.[3.d] 	<ul style="list-style-type: none"> S4.[3.c]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> S2.[4.f] 	<ul style="list-style-type: none"> S1.[4.a] 	<ul style="list-style-type: none"> S5.[4.g] 	<ul style="list-style-type: none"> S4.[4.a]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> S1.[5.d,e,f] 	<ul style="list-style-type: none"> S1.[5.a] 	<ul style="list-style-type: none"> S5.[5.f] 	<ul style="list-style-type: none"> S5.[5.e]
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Week 21-24	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) What are the components of the cardiorespiratory system?	1) What 4 jumps did I combine into my self-turn rope sequence?	1) Why is it important to know that I am in control of my MVPA?	1) How did I provide feedback to my classmates?
Essential Questions Gr 4	1) How does jump-rope relate to cardiorespiratory endurance?	1) What did I incorporate into my jump-rope routine?	1) How much energy do I have to stay in a specific MVPA level?	1) How did I use feedback to demonstrate etiquette in PE?
Essential Questions Gr 5	1) What can I do to check my heart rate? 2) How does heart rate relate to cardiorespiratory fitness?	1) How can I include rhythm to my jump-rope routine?	1) Why is it important to engage in 60 minutes of MVPA?	1) Why is inclusion important in PE settings?
OPEN Module	Jump Rope Module	Jump Rope Module	Plug & Play Fitness Module	Jump Rope Module
Activities	<ul style="list-style-type: none"> Back to Basics Creative Mode Stations Jump Rope Battle Bags 	<ul style="list-style-type: none"> Match Me If You Can Long Rope Basics Survival Mode Stations Jump Routines 	<ul style="list-style-type: none"> Free Foam Ball Fitness Aerobic Treasure Grab Fitness Uno 	<ul style="list-style-type: none"> Jump Rope Battle Bags Long Rope Rhymes Jump Routines Station Day
Assessment(s)	<ul style="list-style-type: none"> Academic Language Quiz DOK Questions 	<ul style="list-style-type: none"> Jump Rope Routine Task Card Self-Assessment Worksheet Performance Rubric 	<ul style="list-style-type: none"> DOK Exit Slips 	<ul style="list-style-type: none"> Performance Rubric
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> S2.[3.c] 	<ul style="list-style-type: none"> S1.[3.b] 	<ul style="list-style-type: none"> S3.[3.d] 	<ul style="list-style-type: none"> S4.[3.e]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> S2.[4.a] 	<ul style="list-style-type: none"> S1.[4.g] 	<ul style="list-style-type: none"> S5.[4.g] 	<ul style="list-style-type: none"> S4.[4.c]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> S3.[5.f] 	<ul style="list-style-type: none"> S1.[5.c] 	<ul style="list-style-type: none"> S5.[5.f] 	<ul style="list-style-type: none"> S4.[5.d]
Notes			MPVA=Moderate to Vigorous Activity	PE=Physical Education

Week 25-28	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) Why is it important to know how to open up space during basketball activities?	1) What are the critical elements to dribbling a basketball?	1) Why are health-related fitness components important?	1) Why is communication and cooperation with my peers important in basketball?
Essential Questions Gr 4	1) What is one way I can close space between an opposing player and the hoop?	1) How can I demonstrate mature patterns of dribbling with non-dominant and dominant hand?	1) How are the lungs, heart, and blood vessels related to the cardiorespiratory system?	1) Why is productively working with others help my performance in basketball?
Essential Questions Gr 5	1) How can dribbling to open space create opportunities for success in passing and shooting?	1) How can I demonstrate mature pattern in dynamic situations?	1) What can knowing about my heart rate before, during, and after physical activities tell me?	1) How can I include others in basketball related activities?
OPEN Module	Basketball Skills Module	Basketball Skills Module	Plug & Play Fitness Module	Basketball Skills Module
Activities	<ul style="list-style-type: none"> • Dribble Triathlon • Hand Skills • Dribble Tag • Driver's Test • 3 v 3 Bounce Ball 	<ul style="list-style-type: none"> • Dribble Triathlon • Hand Skills • Driver's Test • Knuckle Collectors • Passing Triathlon 	<ul style="list-style-type: none"> • Color Crushers • Plank-Tap Relay • Team Triangle Tag 	<ul style="list-style-type: none"> • Driver's Test • Knuckle Collectors • Dribble Tag • Shoot, Dribble, Pass, Dribble
Assessment(s)	<ul style="list-style-type: none"> • Academic Language Quiz • DOK Questions 	<ul style="list-style-type: none"> • Self-Assessment Worksheet • Performance Rubric 	<ul style="list-style-type: none"> • DOK Exit Slips 	<ul style="list-style-type: none"> • Performance Rubric
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> • S2.[3.a] 	<ul style="list-style-type: none"> • S1.[3.a] 	<ul style="list-style-type: none"> • S3.[3.b] 	<ul style="list-style-type: none"> • S4.[3.c]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> • S2.[4.f] 	<ul style="list-style-type: none"> • S1.[4.a] 	<ul style="list-style-type: none"> • S2.[4.a] 	<ul style="list-style-type: none"> • S4.[4.a]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> • S1.[5.d] 	<ul style="list-style-type: none"> • S1.[5.a] 	<ul style="list-style-type: none"> • S3.[5.e] 	<ul style="list-style-type: none"> • S4.[5.d]
Notes				

Week 29-32	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) How can I use the open space to practice my dance skills?	1) How can I demonstrate dance skills using different locomotor skills?	1) What is one way to use a health-related fitness component in an activity?	1) What is one way I can have fun in dance?
Essential Questions Gr 4	1) Why is it important to pace your steps in a dance sequence?	1) What types of movement patterns can I include in a dance sequence?	1) How can I perform physical and fitness activities outside of PE?	1) What is one way I can resolve an issue about the dance sequence?
Essential Questions Gr 5	1) How can I use general space to perform my dance sequence with music?	1) How can I use the rhythm of music to perform a dance sequence?	1) How can the FITT principle be included in each physical activity?	1) Why is it important to be respectful when performing or observing other dances?
OPEN Module	Dance Module	Dance Module	Plug & Play Fitness Module	Dance Module
Activities	<ul style="list-style-type: none"> • Cha Cha Slide • Cupid Shuffle • Space Jam • Fjaskern • Looking Up • Virginia Reel 	<ul style="list-style-type: none"> • Counting 8s • Dancin' Train • Trolls September • Can't Stop the Feeling • Virginia Reel • Hip Hop Virginia Reel 	<ul style="list-style-type: none"> • Aerobic Treasure Grab • Fitness Uno • Free Foam Ball Fitness 	<ul style="list-style-type: none"> • Space Jam • Fjaskern • Looking Up • Virginia Reel • Hip Hop Virginia Reel
Assessment(s)	<ul style="list-style-type: none"> • Academic Language Quiz • DOK Questions 	<ul style="list-style-type: none"> • Self-Assessment Worksheet • Holistic Performance Rubric • Holistic Dual Performance Rubric 	<ul style="list-style-type: none"> • DOK Exit Slips 	<ul style="list-style-type: none"> • Holistic Performance Rubric • Holistic Dual Performance Rubric
Focused Standards Gr 3 (Codes Only)	• S2.[3.a]	• S1.[3.c,e]	• S3.[3.c]	• S4.[3.f]
Focused Standards Gr 4 (Codes Only)	• S1.[4.e]	• S1.[4.b]	• S3.[4.d]	• S4.[4.b]
Focused Standards Gr 5 (Codes Only)	• S1.[5.d]	• S1.[5.c]	• S3.[5.d]	• S4.[5.e]
Notes			PE=Physical Education FITT=Frequency, Intensity, Time, Type	

Week 33-36	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) How can I use open space to work on specific skills?	1) What can I do to demonstrate the critical elements of using a lacrosse stick?	1) How can muscular endurance and strength be important in personal fitness?	1) How can I work cooperatively with my group members in lacrosse?
Essential Questions Gr 4	1) What is one way I can close space to retrieve the ball?	1) What can I do to demonstrate mature patterns of throwing and catching using a lacrosse stick?	1) What bones and muscles can help improve my muscular strength and endurance?	1) How can I work productively with others to be successful in a lacrosse activity?
Essential Questions Gr 5	1) How can I demonstrate skills to keep possession of the ball in open space?	1) How can I demonstrate receiving the ball with a lacrosse stick in dynamic situations?	1) What is one way that the FITT principle can help my personal fitness?	1) Why is it important to include every player on the team?
OPEN Module	Lacrosse Module	Lacrosse Module	Plug and Play Fitness Module	Lacrosse Module
Activities	<ul style="list-style-type: none"> • Yum Yum Yum • Musical Lax • Lax Tag • Sharks in the Sea 	<ul style="list-style-type: none"> • Clean Your Yard • Musical Lax • Target Practice • Partner Toss & Catch • Lacrosse Stations 	<ul style="list-style-type: none"> • Fitness UNO • Aerobic Build and Break • Free Foam Ball Fitness 	<ul style="list-style-type: none"> • Clean Your Yard • Target Practice • Partner Toss and Catch • Lacrosse Basketball
Assessment(s)	<ul style="list-style-type: none"> • Academic Language Quiz • Performance Rubric • DOK Questions 	<ul style="list-style-type: none"> • Self-Assessment Worksheet • Performance Rubric 	<ul style="list-style-type: none"> • DOK Exit Slips 	<ul style="list-style-type: none"> • Self-Assessment Worksheet • Performance Rubric
Focused Standards Gr 3 (Codes Only)	• S2.[3.a]	• S1.[3.a]	• S3.[3.b]	• S4.[3.c]
Focused Standards Gr 4 (Codes Only)	• S2.[4.f]	• S1.[4.a]	• S2.[4.e]	• S4.[4.a]
Focused Standards Gr 5 (Codes Only)	• S1.[5.d]	• S1.[5.a]	• S3.[5.d]	• S4.[5.d]
Notes			FITT=Frequency, Intensity, Time, Type	

Week 37-40	Cognitive	Motor Skills	Fitness	Personal & Social Responsibility
Essential Questions Gr 3	1) Why is safety important when striking with an implement?	1) How can does force, direction, and point of contact change the way I strike with an implement?	1) How does health related fitness affect my performance in bat and ball games?	1) Why is knowing the rules of safety important in creating a cooperative learning environment?
Essential Questions Gr 4	1) What are the critical skill elements used for throwing, catching, and striking?	1) How does body alignment and rotation affect throwing and striking?	1) What activities can I do at home to improve muscular strength to help improving striking?	1) How is the etiquette followed when playing bat and ball games?
Essential Questions Gr 5	1) What is Moderate of Vigorous Physical Activity (MVPA) and how does it affect my energy balance?	1) How can I improve the accuracy of my throws?	1) What Bat and Ball games can I play outside of class to increase or maintain physical activity levels?	1) Why is respectful behavior important when playing small-sided games with my classmates?
OPEN Module	Bat and Ball Games	Bat and Ball Games	Bat and Ball Games	Bat and Ball Games
Activities	<ul style="list-style-type: none"> • Throw-Run Derby • Home-Run Derby 	<ul style="list-style-type: none"> • Two Ball Tossers • Brannboll 	<ul style="list-style-type: none"> • Baseball Tag • Sandlot Baseball 	<ul style="list-style-type: none"> • Sandlot Baseball • Circle Sandlot Stations
Assessment(s)	<ul style="list-style-type: none"> • Performance Rubric • Self-Assessment 	<ul style="list-style-type: none"> • Performance Rubric 	<ul style="list-style-type: none"> • DOK Questions 	<ul style="list-style-type: none"> • DOK Questions • Academic Language Quiz
Focused Standards Gr 3 (Codes Only)	<ul style="list-style-type: none"> • S1.[3.a] 	<ul style="list-style-type: none"> • S1.[3.a] 	<ul style="list-style-type: none"> • S3.[3.a] 	<ul style="list-style-type: none"> • S4.[3.c]
Focused Standards Gr 4 (Codes Only)	<ul style="list-style-type: none"> • S1.[4.a] 	<ul style="list-style-type: none"> • S1.[4.a] 	<ul style="list-style-type: none"> • S3.[4.d] 	<ul style="list-style-type: none"> • S4.[4.c]
Focused Standards Gr 5 (Codes Only)	<ul style="list-style-type: none"> • S5.[5.f] 	<ul style="list-style-type: none"> • S2.[5.b] 	<ul style="list-style-type: none"> • S3.[5.a] 	<ul style="list-style-type: none"> • S4.[5.e]
Notes	MVPA=Moderate to Vigorous Physical Activity			