

Grade 9

Adopted 2009

Lifelong Individualized Fitness Education (LIFE)

Skill Development

1. Demonstrate movement combinations from a variety of physical activities that enhance cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
 2. Demonstrate complex movement sequences in a variety of physical activities.
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Cognitive Development

3. Utilize rules and strategies for safe game play and selected lifetime activities.
 4. Identify short- and long-term health-enhancing benefits of physical activity.
 - Identifying effects of age on physical activity preferences and participation
 - Explaining the relationship of physical, emotional, and cognitive factors that influence the rate of improvement in fitness performance
 5. Identify requirements for selected careers in physical education, health, and fitness.
 - Identifying factors related to career choices
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Social Development

6. Identify strategies for positive behavior modification and for social interaction among diverse populations.
7. Explain the impact of participating in multicultural physical activities.
8. Demonstrate responsible personal and social behavior during physical activities.
9. Demonstrate responsibilities of a leader or a follower to accomplish group goals.
10. Critique a community service project that involves physical activity by identifying benefits, problems, compromises, and outcomes.

Physical Activity and Health

11. Utilize health and fitness technologies to develop a healthy lifestyle.
 - Measuring target physiological functions utilizing correct instruments
 - Calculating health risk based on body composition
12. Utilize safe practices when participating in physical activities.
13. Compare goals for attaining and maintaining fitness
14. Construct criteria for evaluation of commercial fitness and health products and services.
15. Create a nutrition program that targets goals for maintaining energy and recommended body composition.
16. Design a personal fitness plan that promotes activity for life.
 - Using selected assessments to modify an individualized fitness plan
 - Applying principles of specificity, overload, frequency, intensity, time, and progression to physical activities
 - Demonstrating a lifestyle that includes participation in physical activity on a consistent basis