

# Varsity Athletics - Level 2

**Anchor Standard 1:  
Motor Skills and  
Movement Patterns:**  
\_The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.\_ PE19.VA2.1

**A VA-1.1 Physical fitness** PE19.VA2.1.A

- 1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in varsity athletics. PE19.VA2.1.1

**B VA-1.2 Acquire training techniques necessary for participation in the selected sport.** PE19.VA2.1.B

- 2 Exhibit proper fitness component techniques in varsity athletics to achieve a desired level of health enhancement. PE19.VA2.1.2

**Anchor Standard 2:  
Movement and  
performance:** \_The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.\_ PE19.VA2.2

**A VA-2.1 Acquire an understanding of the importance and consequences of safety in varsity athletics.** PE19.VA2.2.A

- 1 Demonstrate safe and appropriate use and care of equipment and facilities in varsity sports. PE19.VA2.2.1

**B VA-2.2 Acquire proper techniques of specific activities in varsity athletics.** PE19.VA2.2.B

- 2 Model proper skills and components for the specific varsity program. PE19.VA2.2.2

**Anchor Standard 3:  
Physical Activity and  
Fitness:** \_The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.\_ PE19.VA2.3

**A VA-3.1 Maintain a consistent level of exertion in varsity athletics to obtain health benefits.** PE19.VA2.3.A

- 1 Apply skills learned to attain a higher level of physical fitness while participating in varsity athletics. PE19.VA2.3.1

**B VA-3.2 Develop the intellect to plan a program for varsity athletics.** PE19.VA2.3.B

- 2 Participate in challenging activities requiring the utilization of newly acquired skills. PE19.VA2.3.2

**Anchor Standard 4:  
Personal and Social  
Behavior:** \_The physically literate individual exhibits responsible personal and social behavior that respects self and others.\_ PE19.VA2.4

**A VA-4.1 Acquire knowledge of local, state, and federal laws as they pertain to varsity athletics.** PE19.VA2.4.A

- 1 Adhere to laws pertaining to personal responsibility while participating in varsity athletics. PE19.VA2.4.1

---

**B VA.4.2 Display positive leadership skills while participating in varsity athletics.** PE19.VA2.4.B

- 2 Identify and describe examples of positive and negative behaviors in varsity athletics. PE19.VA2.4.2
- 

**Anchor Standard 5:  
Values Physical Activity:  
\_The physically literate  
individual recognizes  
the value of physical  
activity for health,  
enjoyment, challenge,  
self-expression, and/or  
social  
interaction.\_** PE19.VA2.5

**A VA-5.1 Identify and evaluate personal, psychological responses to participation in varsity athletics.** PE19.VA2.5.A

- 1 Assess a physical activity to show how it can be beneficial to an individual's health and enjoyment of varsity sports. PE19.VA2.5.1
- 

**B VA-5.2 Analyze the role that varsity athletics play in social interaction and cooperative opportunities within the school, family, community, and workplace.** PE19.VA2.5.B

- 2 Make a video of one element of a training protocol designed to enhance your current health and wellness to support a healthier family, classroom, and community. PE19.VA2.5.2