

# High School Level 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. **1**

## **A Locomotor** **1A**

If the learner did not attain the outcomes by Grade 8, they should be the focus in the required HS program.

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## **B Non-locomotor (stability)** **1B**

If the learner did not attain the outcomes by Grade 5, they should be the focus in the required HS program.

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## **C Manipulatives** **1C**

If the learner did not attain the outcomes by Grade 8, they should be the focus in the required HS program.

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## **D Offensive and Defensive Skills** **1D**

- 1 Selects and uses appropriate offensive and defensive skills in a variety of individual, dual and team activities. **1D.HS1.L1**
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## **E Dance and Rhythms** **1E**

- 1 Performs intermediate or advanced dances appropriate for social settings (i.e. weddings or community gatherings). **1E.HS1.L1**
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## **F Lifetime Activities** **1F**

- 1 Demonstrates ability in one or more lifetime activities (e.g. individual/dual sports, outdoor sports, swimming, self-defense, etc.). **1F.HS1.L1**
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The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. **2**

## **A Movement concepts, principles and knowledge** **2A**

- 1 Uses performance terminology accurately (e.g. “balance,” “follow through,” “eye on the ball,” etc.) for a variety of activities. **2A.HS1.L1**
- 2 Designs a conditioning program for a self-selected game/activity to engage in for life. **2A.HS2.L1**
- 3 Explains the impact of participation in selected sports and activities on various components of fitness. **2A.HS3.L1**

**The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3

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**B Strategies and Tactics** 2B

- 1 Identifies principles used to improve skill performance (force, motion, rotation, speed, accuracy). 2B.HS1.L1
  - 2 Explains accurately the steps for performing basic motor skills. 2B.HS2.L1
  - 3 Transfers tactical knowledge from one sport to a similar sport. 2B.HS3.L1
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**A Physical Activity Knowledge** 3A

- 1 Describes the relationship between physical activity, nutrition and body composition. 3A.HS1.L1
  - 2 Appraises health risk factors associated with a sedentary lifestyle. 3A.HS2.L1
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**B Fitness Knowledge** 3B

- 1 Utilizes technology to monitor heart rate and maintain target heart zone. 3B.HS1.L1
  - 2 Explains principles for performing strength training exercises safely and effectively. 3B.HS2.L1
  - 3 Compares and selects appropriate stretching methods (dynamic or static). 3B.HS3.L1
  - 4 Describes basic training principles (e.g. overload, specificity, progression, diminishing return, rest, and recovery, etc.) and how they improve fitness. 3B.HS4.L1
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**C Assessment and Program Planning** 3C

- 1 Sets realistic short-term and long-term goals for all five healthrelated fitness components. 3C.HS1.L1
  - 2 Uses training principles to design a personal workout. 3C.HS2.L1
  - 3 Implements a personal fitness plan that includes assessment scores, goals for improvement, plan for improvement, activity log, and timelines. 3C.HS3.L1
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**D Nutrition** 3D

- 1 Creates a nutrition plan based on individual caloric needs for one week that includes meals, snacks, and hydration needs. 3D.HS1.L1
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**E Stress Management** 3E

- 1 Selects appropriate stress management methods in response to hypothetical stressful scenarios. 3E.HS1.L1
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**The physically literate individual exhibits responsible personal and social behavior that respects self and others.** 4

**A Demonstrating Personal Responsibility** 4A

- 1 Exhibits a positive self-image regarding their physical skills and fitness. 4A.HS1.L1
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**B Accepting/Providing Feedback** 4B

- 1 Provides feedback to promote team or group dynamics. 4B.HS1.L1

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**C Working with Others** 4C

- 1 Seeks to include diverse peers in group activities. 4C.HS1.L1

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**D Following Rules and Etiquette** 4D

- 1 Displays moral and ethical conduct in specific competitive situations. 4D.HS1.L1

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**E Safety** 4E

- 1 Prevents injury to self and others by utilizing appropriate safety measures in preparation for activity (e.g. warmup, proper clothing, hydration, etc.). 4E.HS1.L1

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**The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.** 5

**A Health** 5A

- 1 Selects and participates in physical activities that will enhance a healthy lifestyle. 5A.HS1.L1

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**B Challenge** 5B

- 1 Expresses feelings of success and confidence from participation in challenging physical activities. 5B.HS1.L1

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**C Self-expression and Enjoyment** 5C

- 1 Recognizes that enjoyment of certain activities will shift as physical abilities and preferences change over time. 5C.HS1.L1

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**D Social Interaction** 5D

- 1 Selects and participates in physical activities for the purpose of social interaction. 5D.HS1.L1