

Grades 9, 10, 11, 12

Adopted 2018

Demonstrates competency in a variety of motor skills and movement patterns.

1. Demonstrate competency and refine activity-specific movement skills in two of the following lifetime activity categories: individual performance activities, outdoor pursuits. 9.1.1.1

2. Demonstrate competency and refine activity-specific movement skills in two of the following lifetime activity categories: net and wall games, target games, aquatics. 9.1.1.2

1. Demonstrate competency in one or more forms of dance. For example: ballroom, ballet, cultural dances, hip hop, modern, social dances, tap. 9.1.2.1

1. Demonstrate competency in specialized skills in each of the health-related fitness components: muscular strength, muscular endurance, flexibility, cardiorespiratory fitness. 9.1.3.1

Apply knowledge of concepts, principles, strategies and tactics to movement and performance.

1. Apply terminology associated with exercise and participation in selected individual performance activities. 9.2.1.1

2. Use movement concepts and principles (force, motion, rotation) to analyze and improve performance for a self-selected skill. 9.2.1.2

3. Design a practice plan to improve performance for a self-selected skill and justify how the components of the plan will address the areas of concern. 9.2.1.3

4. Analyze similarities and differences between various dance forms. 9.2.1.4

Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Explain the benefits of a physically active lifestyle as it relates to college or career productivity. 9.3.1.1

2. Evaluate the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. 9.3.1.2

3. Apply technology and social media as tools to support a healthy, active lifestyle. 9.3.1.3

4. Identify issues associated with exercising in heat, humidity and cold, and provide strategies for addressing the issues. 9.3.1.4

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5. Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements. 9.3.1.5
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6. Evaluate risks and safety factors that might affect physical activity preferences throughout the life cycle. 9.3.1.6
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1. Participate in moderate to vigorous aerobic or muscle- and bone-strengthening physical activity several times per week. 9.3.2.1
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2. Participate several times per week in a self-selected lifetime activity, dance, or fitness activity outside of the school day. 9.3.2.2
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1. Explain appropriate techniques for resistance training machines, free weights, or body-weight exercises. 9.3.3.1
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2. Analyze short- and long-term physiological responses to regular physical activity. 9.3.3.2
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3. Differentiate among types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, dynamic) for personal fitness development. 9.3.3.3
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4. Calculate target heart rate and apply that information to a personal fitness plan. 9.3.3.4
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5. Adjust pacing to keep one's heart rate in the target zone using available technology to self-monitor aerobic intensity. 9.3.3.5
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1. Create a behavior modification plan that enhances a healthy active lifestyle in a college or career setting. 9.3.4.1
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2. Design a fitness program, including all components of health-related fitness, for a college student or an employee in the learner's chosen field of work. 9.3.4.2
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1. Design a nutritional plan to maintain an appropriate energy balance that supports a healthy active lifestyle for a college student or an employee in the learner's chosen field of work. 9.3.5.1
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1. Explain how stress-management strategies in physical activity settings can reduce stress and effect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques. 9.3.6.1
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Exhibit responsible personal and social behavior that respects self and others.

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1. Employ effective self-management skills to analyze barriers and appropriately modify physical activity patterns as needed. 9.4.1.1
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1. Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity or social dance. 9.4.2.1
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1. Apply positive communication skills and strategies to the completion of a group task in a physical activity setting. 9.4.3.1

2. Solve problems and think critically in physical activity or dance settings both as an individual and in groups. 9.4.3.2

1. Apply best practices for safe participation in physical activity, exercise or dance. For example: injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection. 9.4.4.1

Recognize the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

1. Analyze the health benefits of a self-selected physical activity. 9.5.1.1

1. Choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. 9.5.2.1

1. Select and participate in physical activities that meet the need for self-expression and enjoyment. 9.5.3.1

1. Identify the opportunity for social support in a self-selected physical activity or dance. 9.5.4.1