

# Grades 10, 11, 12

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate proficiency in team-oriented skills.**

**Improve upon a variety of advanced manipulative skills.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Analyze peer performance on specific movement skills.**

**Determine offensive and defensive strategies while participating in team and individual sports.**

**Use the outcomes of strategic decisions to encourage the improvement of personal performance.**

**Participates regularly in physical activity.**

**Participate in a variety of health-related movement activities, which encourages a lifetime of physical fitness.**

**Select activities that promote a physically active lifestyle by determining the health and fitness benefits of team, dual, individual, and lifetime activities.**

**Create a plan to maximize success in a variety of activities (i.e., picnic, camping trip, picking up litter, etc.).**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Develop and participate in an appropriate physical fitness program to improve personal fitness over an extended period of time.**

**Maintain the five health related fitness components (i.e., aerobic fitness, muscular strength, muscular endurance, flexibility, body composition) to live a healthy lifestyle through the development of a fitness plan.**

**Develop and participate in an appropriate physical fitness program to improve personal fitness over an extended period of time.**

**Exhibit responsible personal and social behavior that respect s**

**Engage in physical activities that encourage self-motivation and goal setting.**

**self and others in physical activity settings.**

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**Cooperate with peers personally and socially through physical activities.**

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**Acknowledge differences in peer abilities while working together to achieve physical activity goals.**

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**Identify the effects of age on lifelong physical activity preferences and participation.**

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**Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.**

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**Interact with peers in a fun and challenging environment while participating in group-related physical activities.**

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**Understand the value and benefits of physical activity which lead to a healthier lifestyle.**