

Grades 9, 10, 11, 12

Adopted 2016

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

- 1. Refining activity-specific movement skills in one or more lifetime activities;** A.9-12.1
- 2. Exhibiting competency in two or more specialized skills in health-related fitness activities; and** A.9-12.2
- 3. Choreographing or participating in a form of dance.** A.9-12.3

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

- 1. Identifying and discussing the historical and cultural roles of games, sports, and dance, including those of traditional and contemporary American Indian cultures;** B.9-12.1
- 2. Comparing similarities and differences in various dance forms, including those of traditional and contemporary American Indian cultures and practices;** B.9-12.2
- 3. Using spatial concepts of locomotor and nonlocomotor movements in outdoor pursuits; and** B.9-12.3
- 4. Identifying the stages of learning a motor skill.** B.9-12.4

Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.

- 1. Creating a healthy snack plan for before, during, and after exercise that addresses nutrition needs for each phase;** C.9-12.1
- 2. Investigating the relationships among physical activity, nutrition, and body composition;** C.9-12.2
- 3. Analyzing and applying technology and social media as tools to support a healthy, active lifestyle;** C.9-12.3
- 4. Analyzing the impact of life choices, economics, motivation, and accessibility on maintaining physical activity in college or career settings;** C.9-12.4
- 5. Creating a plan, training for and participating in a community event with a focus on physical activity, including those of American Indian cultural traditions;** C.9-12.5
- 6. Designing and implementing a strength and conditioning program;** C.9-12.6

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- 7. Evaluating the importance of stretching and flexibility in lifetime activities;** C.9-12.7
 - 8. Identifying the structure of skeletal muscle and fiber types as they relate to muscle development; and** C.9-12.8
 - 9. Identifying the different energy systems used in physical activities.** C.9-12.9
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Exhibit responsible personal and social behavior that respects self and others.

- 1. Accepting differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media;** D.9-12.1
 - 2. Advocating for responsible behavior of self and others in a variety of physical activities;** D.9-12.2
 - 3. Analyzing the benefits of a variety of feedback techniques;** D.9-12.3
 - 4. Examining moral and ethical conduct in specific competitive situations;** D.9-12.4
 - 5. Assuming a leadership role in a physical activity setting such as coach, referee, or group leader;** D.9-12.5
 - 6. Advocating for acceptance of other's ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects; and** D.9-12.6
 - 7. Applying best practices for participating safely in physical activity, exercise, and dance.** D.9-12.7
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Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.

- 1. Analyzing the health benefits of a self-selected physical activity;** E.9-12.1
- 2. Choosing an appropriate level of challenge to experience success while participating in a self-selected physical activity; and** E.9-12.2
- 3. Evaluating social interactions and supports in a variety of physical activities.** E.9-12.3