

GRADES 9-12

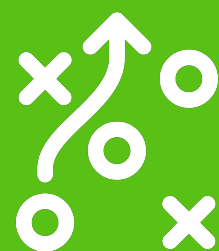


Standard 1: MOVEMENT FORMS - Use motor skills and movement patterns to perform a variety of physical activities

MODIFIED/LEAD-UP GAMES AND ACTIVITIES

PE.9-12.1.1

Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics



Standard 2: COGNITIVE CONCEPTS - Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

FUNDAMENTAL SKILLS

PE.9-12.2.1

Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills

TEAM SPORTS

PE.9-12.2.2

Evaluate tactics and strategies for modified and traditional activities

SAFETY AND PLAY ETIQUETTE

PE.9-12.2.3

Assess the importance of rules and procedures for safe and fair play during physical activities



Standard 3: ACTIVE LIFESTYLE - Participate regularly in physical activity

INDIVIDUAL, DUAL, AND LIFETIME ACTIVITIES

PE.9-12.3.1

Participate in a variety of physical activities of personal interest to maintain an active lifestyle

PE.9-12.3.2

Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so



Standard 4: PHYSICAL FITNESS - Know ways to achieve and maintain a health-enhancing level of physical fitness

FITNESS AND CONDITIONING-RELATED ACTIVITIES

PE.9-12.4.1

Set goals to improve personal fitness level based on various sources of information

PE.9-12.4.2

Assess the benefits of participation in selected physical activities on the components of health-related physical fitness

