

Standard/Benchmark Reference Sheet

9-12

Standard 1: Movement Forms

Grade 9-12.1.1 Benchmark as written

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

Grade 9-12.2.1 Benchmark as written

PE.9-12.2.1: Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills

Grade 9-12.2.2 Benchmark as written

PE.9-12.2.2: Evaluate tactics and strategies for modified and traditional activities

Grade 9-12.2.3 Benchmark as written

PE.9-12.2.3: Assess the importance of rules and procedures for safe and fair play during physical activities

Standard 3: Active Lifestyle

Grade 9-12.3.1 Benchmark as written

PE.9-12.3.1: Participate in a variety of physical activities of personal interest to maintain an active lifestyle

Grade 9-12.3.2 Benchmark as written

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

Grade 9-12.4.1 Benchmark as written

PE.9-12.4.1: Set goals to improve personal fitness level based on various sources of information

Grade 9-12.4.2 Benchmark as written

PE.9-12.4.2: Assess the benefits of participation in selected physical activities on the components of health-related physical fitness