

# High School Physical Education Course I

## Overarching Standard 1

Students demonstrate knowledge of and competency in motor skills, movement patterns, and strategies needed to perform a variety of physical activities.

## Overarching Standard 2

Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.

## Overarching Standard 3

Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

1.1 Combine and apply movement patterns, simple to complex, in aquatic, rhythms/dance, and individual and dual activities.	2.1 Participate in moderate to vigorous physical activity at least four days each week.	3.1 Accept personal responsibility to create and maintain a physically and emotionally safe and non-threatening environment for physical activity.
1.2 Demonstrate proficient movement skills in aquatic, rhythms/dance, and individual and dual activities.	2.2 Participate in enjoyable and challenging physical activities that develop and maintain the five components of physical fitness.	3.2 Act independently of negative peer pressure during physical activity.
1.3 Identify, explain, and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in aquatic, rhythms/dance, and individual dual activities.	2.3 Meet health-related physical fitness standards established by a scientifically based health-related fitness assessment.	3.3 Identify and evaluate personal psychological responses to physical activity.
1.4 Explain and demonstrate advanced offensive, defensive, and transition strategies in aquatic and individual and dual activities.	2.4 Use physical fitness test results to set and adjust goals to improve fitness.	3.4 Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one's best in physical activities.
1.5 Explain the use of the principles of biomechanics (leverage, force, inertia, rotary motion, opposition, and buoyancy); apply the principles to achieve advanced performance in aquatic, rhythms/dance, and individual and dual activities; and evaluate the performance based on the use of the principles.	2.5 Improve and maintain physical fitness by adjusting physical activity levels according to the principles of exercise.	3.5 Develop personal goals to improve one's performance in physical activities.
1.6 Examine the physical, emotional, cognitive, and scientific factors that affect performance and explain the relationship based on those factors.	2.6 Identify the physical fitness requirements of an occupation.	3.6 Discuss the changing psychological and sociological needs of a diverse society in relation to physical activity.
1.7 Analyze and evaluate feedback from proprioception, from others, and from the performance of complex motor (movement) activities to improve performance in aquatic, rhythms/dance, individual activities, and dual activities.	2.7 Develop and implement a one-month personal physical fitness plan.	3.7 Analyze the role that physical activity plays in social interaction and cooperative opportunities in the family and the workplace.
1.8 Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities.	2.8 Analyze consumer physical fitness products and programs.	3.8 Recognize the value of physical activity in understanding multiculturalism.
1.9 Create or modify practice/training plans based on evaluative feedback of skill acquisition and performance in aquatic, rhythms/dance, and individual and dual activities.	2.9 Explain the inherent risks associated with physical activity in extreme environments.	3.9 Recognize and evaluate the role of cooperation and positive interactions with others when participating in physical activity.
1.10 Analyze situations and determine appropriate strategies for improved performance in aquatic, rhythms/dance, and individual and dual activities.	2.10 Identify and list available fitness resources in the community.	3.10 Identify and utilize the potential strengths of each individual in physical activities.
1.11 Assess the effect/outcome of a particular performance strategy in aquatic, rhythms/dance, and individual and dual activities.	2.11 Explain the role of physical activity in the prevention of disease and the reduction of health care costs.	
1.12 Demonstrate independent learning of movement skills.		