

PHYSICAL EDUCATION CONTENT STANDARDS

3B A E R O B I C S A C T I V I T I E S

STANDARD 1	STANDARD 2	STANDARD 3	
<p>Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.</p> <p>1.1 Demonstrate advanced knowledge and skills in two or more activities, one or more from each of the following categories:</p> <p>Category 1 Running, aerobic dance, skating, swimming</p> <p>Category 2 Cycling, cross-country skiing, triathlon, rowing, walking</p> <p>1.2 Identify and apply characteristics and critical elements of a highly - skilled performance in aerobic activities.</p> <p>1.3 Apply previously learned movement concepts and principals to the learning and development of motor skills required for successful participation in aerobic activities.</p> <p>1.4 Identify and apply biomechanical principles necessary for the safe and successful performance of aerobic activities.</p> <p>1.5 List, describe, and demonstrate use of safety equipment required for participation aerobic activities.</p> <p>1.6 Demonstrate independent learning of movement skills in aerobic activities.</p>	<p>Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.</p> <p>2.1 Identify and achieve personal levels of excellence in physical fitness.</p> <p>2.2 Independently engage in physical activity that increases aerobic capacity.</p> <p>2.3 Evaluate goal-setting and other strategies as effective tools for exercise adherence.</p> <p>2.4 Measure health-related fitness periodically and adjust physical activity to achieve fitness goals.</p> <p>2.5 Identify and explain the positive effects of participation in aerobic activity on personal health.</p>	<p>Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.</p> <p><u>Self Responsibility</u></p> <p>3.1 Independently engage in aerobic activities.</p> <p>3.2 Develop personal goals to improve performance in aerobic activities.</p> <p>3.3 Compare and contract the effective leadership skills used in aerobic activities with those used in other physical activity settings.</p> <p>3.4 Identify and analyze aerobic activities that enhance personal enjoyment and challenge</p> <p>3.5 Evaluate the risks and safety factors that may affect participation in aerobic activity throughout a lifetime.</p> <p><u>Social Interaction</u></p> <p>3.6 Invite other to join in aerobic activity.</p> <p>3.7 Explain how to select and modify aerobic activities to allow for participation by children, the elderly, and those with special needs.</p> <p>3.8 Analyze the role of social interaction in the successful participation and enjoyment of aerobic activities.</p> <p><u>Group Dynamics</u></p> <p>3.9 Accept and perform planned and spontaneous leadership assignments and roles in aerobic activities.</p> <p>3.10 Analyze the role cooperation and leadership play in aerobic activities.</p> <p>3.11 Engage in opportunities to be a member of an aerobic activity both in and outside of school activities.</p>	

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