

PHYSICAL EDUCATION CONTENT STANDARDS

3C I N D / D U A L 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 individual and dual activities, one or more from each of the following categories</p> <p><u>Individual</u> Cycling, golf, archery, skiing, surfing, skating, yoga, gymnastics/tumbling</p> <p><u>Dual</u> Badminton, handball, two-player volleyball, tennis, racquetball, squash</p> <p>1.2 Identify and apply characteristics and critical elements of a highly - skilled performance in adventure/outdoor 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 adventure/outdoor pursuits and activities.</p> <p>1.4 Identify and apply biomechanical principles necessary for the safe and successful performance of adventure/outdoor activities.</p> <p>1.5 List, describe, and demonstrate use of safety equipment required for participation in outdoor pursuits and adventures.</p> <p>1.6 Demonstrate independent learning of movement skills in adventure/outdoor 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 Participate in enjoyable and challenging physical activities that meet individual needs and interests using the principles of exercise.</p> <p>2.2 Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related fitness.</p> <p>2.3 Improve or maintain physical fitness by adjusting physical activity levels to meet the principles of exercise.</p> <p>2.4 Explain the relationship between participation in adventure/outdoor activities and 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 Compare and contrast effective leadership skills used with adventure/outdoor activities with those used in other physical activity settings.</p> <p>3.2 Develop personal goals to improve performance in adventure/outdoor activities.</p> <p>3.3 Identify and analyze outdoor/adventure physical activities that enhance personal enjoyment. .</p> <p>3.4 Evaluate the risk and safety that may affect participation in adventure/outdoor activities throughout a lifetime.</p> <p><u>Social Interaction</u></p> <p>3.5 Explain how to select and modify adventure/outdoor activities to allow for participation by children, the elderly, and those with special needs.</p> <p>3.6 Analyze the role of social interaction in the successful participation, and enjoyment of adventure/outdoor activities.</p> <p><u>Group Dynamics</u></p> <p>3.7 Accept and perform planned and spontaneous leadership assignments and roles in adventure/outdoor activities.</p> <p>3.8 Analyze the role cooperation and leadership play in adventure/outdoor activities.</p> <p>3.9 Engage in opportunities to be a member of an adventure/outdoor activity both in and outside of school activities.</p>	

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