

PHYSICAL EDUCATION CONTENT STANDARDS

3D A Q U A T I C 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>Category 1</u> Swimming, diving, snorkeling, kayaking/canoeing/rowing</p> <p><u>Category 2</u> Water polo, synchronized swimming, SCUBA, life guarding</p> <p>1.2 Identify and apply characteristics and critical elements of a highly - skilled performance in aquatics 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 aquatic activities.</p> <p>1.4 Identify and apply biomechanical principles necessary for the safe and successful performance of aquatics activities.</p> <p>1.5 List, describe, and demonstrate use of safety equipment required for participation in aquatics activities.</p> <p>1.6 Demonstrate independent learning of movement skills in aquatics activities.</p> <p>1.7 Identify and apply safety skills necessary for entering swimming pools, lakes, rivers and oceans.</p> <p>1.8 Demonstrate and explain basic water rescue with and without equipment.</p> <p>1.9 Demonstrate and explain basic cardiopulmonary resuscitation</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 Meet physical fitness standards that exceed those of the Stat-mandated fitness test.</p> <p>2.2 Participate in aquatic activities that improve or maintain health-related fitness.</p> <p>2.3 Analyze the effects of aquatics on a personal physical fitness program and personal levels of health-related fitness.</p> <p>2.4 Improve or maintain physical fitness by adjusting physical activity levels to meet the principles of exercise.</p> <p>2.5 Explain the relationship between participation in aquatics activities and health.</p> <p>2.6 Demonstrate the ability to effectively analyze and economically purchase products and programs for aquatic activities.</p> <p>2.7 Develop and implement a month-long personal physical fitness plan that includes aquatic activities.</p> <p>2.8 Explain how aquatic activities contribute to the development and maintenance of health related physical fitness.</p> <p>2.9 Create and implement aquatic programs that improve health-related physical fitness.</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 contract effective leadership skills used with aquatics activities with those used in other physical activity settings.</p> <p>3.2 Develop personal goals to improve performance in aquatics activities.</p> <p>3.3 Identify and analyze aquatic physical activities that enhance personal enjoyment. .</p> <p>3.4 Evaluate the risk and safety that may affect participation in aquatics activities throughout a lifetime.</p> <p>3.5 Identify and apply personal responsibilities for safety and hygiene in the aquatics setting.</p> <p><u>Social Interaction</u></p> <p>3.6 Explain how to select and modify aquatics activities to allow for participation by children, the elderly, and those with special needs.</p> <p>3.7 Analyze the role of social interaction in the successful participation, and enjoyment of aquatics activities.</p> <p><u>Group Dynamics</u></p> <p>3.8 Accept and perform planned and spontaneous leadership assignments and roles in aquatics activities.</p> <p>3.9 Analyze the role cooperation and leadership play in aquatics activities.</p> <p>3.10 Engage in opportunities to be a member of an aquatic activity both in and outside of school.</p>