

PHYSICAL EDUCATION CONTENT STANDARDS

1 O T H G R A D E

STANDARD 1 Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.	STANDARD 1 Students demonstrate knowledge and competency in motor skills, movement patterns and strategies needed to perform a variety of physical activities.	STANDARD 2 Students achieve a level of physical fitness for health and performance while demonstrating knowledge of fitness concepts, principles, and strategies.	STANDARD 3 Students demonstrate knowledge of psychological and sociological concepts, principles, and strategies as they apply to learning and performance of physical activity.
<p>1.1 Combine, and apply movement patterns to progress from simple to complex in combatives, gymnastics/tumbling, and team activities.</p> <p>1.2 Demonstrate proficient movement skills in: combatives, gymnastics/tumbling and team activities</p> <p>1.3 Explain and apply the skill-related components of balance, reaction time, agility, coordination, explosive power, and speed that enhance performance levels in combatives, gymnastics/tumbling, and team activities.</p> <p>1.4 Explain and demonstrate advanced offensive, defensive, and transition strategies and tactics in combatives, gymnastics/tumbling, and team activities.</p> <p>1.5 Explain, apply and evaluate the use of the biomechanical principles of leverage, force, inertia, rotary motion, and opposition, to achieve advanced performance in combatives, gymnastics/tumbling, and team activities.</p> <p>1.6 Evaluate the interrelationships among physical, emotional, cognitive, and scientific factors that affect individual and team performance.</p>	<p>1.7 Analyze and evaluate information received from self, others, and the performance, of complex motor (movement) activities that leads to improved performance in combatives, gymnastics/tumbling, and team activities.</p> <p>1.8 Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance in combatives, gymnastics/tumbling, and team activities.</p> <p>1.9 Create and /or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in combatives, gymnastics/tumbling and team activities.</p> <p>1.10 Analyze specific situations to determine appropriate strategies in combatives, gymnastics/tumbling, and team activities.</p> <p>1.11 Assess the effect/outcome of a specific performance strategy in combatives, gymnastics/tumbling, and team activities.</p> <p>1.12 Demonstrate independent learning of movement skills.</p>	<p>2.1 Participate in moderate to vigorous physical activity at least 4 days each week.</p> <p>2.2 Participate in enjoyable and challenging physical activities that meet individual needs and interests using the principles of exercise.</p> <p>2.3 Identify and achieve levels of excellence in physical fitness that enhance physical and mental performance beyond the health-related standards as established in the State-mandated fitness tests.</p> <p>2.4 Assess physical fitness levels and adjust physical activity to accommodate for changes in age, growth, and development.</p> <p>2.5 Justify the use of specific physical activities to achieve desired fitness goals.</p> <p>2.6 Develop and describe a physical fitness plan that enhances personal health and performance in future leisure and workplace activities.</p> <p>2.7 Develop and implement an appropriate personal physical fitness program for a family and/or community member.</p> <p>2.8 Explain how to evaluate consumer physical fitness products and programs.</p> <p>2.9 Identify and evaluate ergogenic aids that claim to enhance body composition, appearance, and physical fitness and performance.</p> <p>2.10 Evaluate the availability and quality of community fitness resources.</p> <p>2.11 Use and analyze scientifically based data and protocols to self assess the five components of health- related fitness.</p>	<p><u>Self Responsibility</u></p> <p>3.1 Participate in physical activities for personal enjoyment.</p> <p>3.2 Examine and explain the ways in which personal characteristics, performance styles, and activity preferences may change over a lifetime.</p> <p>3.3 Evaluate the psychological benefits derived from regular participation in physical activity.</p> <p>3.4 Explain and analyze the role of individual attitude, motivation, and determination in achieving personal satisfaction from challenging physical activities.</p> <p>3.5 Evaluate and refine personal goals to improve performance in physical activities.</p> <p><u>Social Interaction</u></p> <p>3.6 Identify the effects of age, gender, ethnicity, socioeconomic status, and culture on physical activity preferences and participation.</p> <p>3.7 Explain how to select and modify physical activities to allow for participation by children, elderly, and those with special needs.</p> <p><u>Group Dynamics</u></p> <p>3.8 Identify leadership skills, perform planned leadership assignments, and assume spontaneous leadership roles.</p> <p>3.9 Encourage others to be supportive and inclusive of all ability levels.</p>

C O U R S E 2

