

PHYSICAL EDUCATION CONTENT STANDARDS

9 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 single to complex in aquatics, rhythms/dance, and individual and dual activities.</p> <p>1.2 Demonstrate proficient movement skills in: aquatics, dance/rhythms, individual activities and dual activities</p> <p>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 aquatics, rhythms/dance, and individual and dual activities</p> <p>1.4 Explain and demonstrate advanced offensive, defensive, and transition strategies in aquatics, and individual and dual activities.</p> <p>1.5 Explain, apply and evaluate the appropriate use of the biomechanical principles of leverage, force, inertia, rotary motion, opposition, and buoyancy to achieve advanced performance in aquatics, rhythms/dance, and individual and dual activities</p> <p>1.6 Explain the interrelationships among physical, emotional, cognitive, and scientific factors that affect 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 aquatics, rhythms/dance, individual activities, and dual activities.</p> <p>1.8 Analyze and explain which training and conditioning practices have the greatest impact on skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.</p> <p>1.9 Create and /or modify a practice/training plan based on evaluative feedback of skill acquisition and performance in aquatics, rhythms/dance, and individual and dual activities.</p> <p>1.10 Analyze specific situation to determine appropriate performance strategies in aquatics, rhythms/dance, individual and dual activities.</p> <p>1.11 Assess the effect/outcome of a specific performance strategy in aquatics, rhythms/dance, and individual and dual 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 develop and maintain the five components of physical fitness.</p> <p>2.3 Meet health-related fitness standards established by the State-mandated fitness test.</p> <p>2.4 Use physical fitness test results to set and adjust goals to improve fitness.</p> <p>2.5 Improve and maintain physical fitness by adjusting physical activity levels to meet the principles of exercise.</p> <p>2.6 Identify the physical fitness requirements of an occupational choice.</p> <p>2.7 Develop and implement a one-month personal physical fitness plan.</p> <p>2.8 Analyze consumer physical fitness products and programs.</p> <p>2.9 Explain the inherent risks associated with physical activity in extreme environments.</p> <p>2.10 List available community fitness resources.</p> <p>2.11 Explain the role of physical activity in the prevention of disease and the reduction of health-care costs.</p>	<p><u>Self Responsibility</u></p> <p>3.1 Accept personal responsibility to create and maintain a physically/emotionally safe and non-threatening environment for physical activity.</p> <p>3.2 Act independent of negative peer pressure during physical activity.</p> <p>3.3 Identify and evaluate personal psychological response to physical activity.</p> <p>3.4 Describe the enjoyment, self-expression, challenge, and social benefits experienced by achieving one’s best in physical activities.</p> <p>3.5 Develop personal goals to improve performance in physical activities</p> <p><u>Social Interaction</u></p> <p>3.6 Discuss the changing psychological and sociological needs of a diverse society in relation to physical activity.</p> <p>3.7 Analyze the role physical activity plays in social interaction and cooperative opportunities within the family and workplace.</p> <p>3.8 Recognize the value of physical activity in understanding multiculturalism.</p> <p><u>Group Dynamics</u></p> <p>3.9 Recognize the importance of cooperation and positive interactions with others while participating in physical activity.</p> <p>3.10 Identify and utilize the potential strengths of each individual by supporting his/her effort in physical activity setting.</p>

C O U R S E 1

