

Health Education & Physical Education

Grades 9-12

Physical Education

Physical Education Literacy

Standard 1:

The student demonstrates competency in many movement forms and proficiency in a few forms of physical activity. (PE.A.1.4)

1. demonstrates competency or proficiency in self-selected activities.

Standard 2:

The student applies concepts and principles of human movement to the development of motor skills and the learning of new skills. (PE.A.2.4)

1. understands how the laws of motion apply to the acquisition and improvement of skills.
2. knows how to analyze, evaluate, and implement the mechanical principles of balance, force, and leverage that apply directly to self-selected activities.
3. knows how to evaluate one's own skilled performances.

Standard 3:

The student analyzes the benefits of regular participation in physical activity. (PE.A.3.4)

1. knows that physical activity reduces certain health risk factors.
2. knows how regular physical activity can relieve the stress of everyday life.
3. identifies the effects of age, gender, race, ethnicity, socioeconomic status, and culture upon physical activity preferences and exercise habits.
4. knows the role of physical activity in the prevention of disease and the reduction of health-care costs.

5. evaluates the effectiveness and use of community resources related to fitness.
6. understands the importance of making a commitment to physical activity as an important part of one's lifestyle.
7. understands the utilization of fats, proteins, and carbohydrates as related to physical activity.

Responsible Physical Activity Behaviors

Standard 1:

The student achieves and maintains a health-enhancing level of physical fitness. (PE.B.1.4)

1. knows how to maintain appropriate levels of cardiovascular fitness, muscular strength and endurance, flexibility, and body composition necessary for a healthy lifestyle.
2. knows how to apply the results of fitness assessments to guide changes in a personal program of physical activity and develop a training and conditioning program that enhances individual health-related needs.
3. uses technology to assess, enhance, and maintain fitness and skills.
4. maintains and improves motor skills and knowledge necessary for participation in beneficial physical activity.
5. knows how to make changes in an individual wellness plan as lifestyle changes occur.
6. knows the correlation between obesity, high blood pressure, and increased physical activity.

Standard 2:

The student demonstrates responsible personal and social behavior in physical activity. (PE.B.2.4)

1. knows risks and safety factors that may affect physical activity throughout life.
2. knows various ways in which conflict can be resolved appropriately in game settings.
3. demonstrates responsible behavior while playing sports (e.g., respecting opponents and officials, controlling emotions, and accepting victory and defeat).
4. assumes an active leader role, a supportive follower role, and a passive follower role as appropriate.
5. understands the role of physical activity as a potential vehicle for social interaction and cooperative relations within the family and workplace.

Advocate and Promote Physically Active Lifestyles

Standard 1:

The student understands how participating in physical activity promotes inclusion and an understanding of the abilities and cultural diversity of people. (PE.C.1.4)

1. understands the influence of age, gender, race, ethnicity, socioeconomic standing, and culture upon physical activity preferences and participation.
2. knows how to modify games and activities to allow for participation of students with special needs (e.g., physical disabilities).
3. knows the value of sport and physical activity in understanding different cultures.

Standard 2:

The student understands that physical activity provides the opportunity for enjoyment, challenge, self-expression, and communication. (PE.C.2.4)

1. identifies personal feelings resulting from participation in physical activity.
2. participates in games, sports, dances, outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and maintenance of wellness.
3. knows the ways in which personal characteristics, performance styles, and activity preferences will change over the course of one's life.