



High School P.E.

The HS Physical Education Program focuses on improving personal fitness levels through participation in fitness activities as well as developing skills and taking part in a number of team and individual sports. Developing a personal fitness regimen is stressed and units focus on a number of lifelong recreational activities.

	1. MOTOR SKILLS	2. MOVEMENT CONCEPTS	3. PHYSICAL FITNESS
	Standard 1.1 Demonstrate competency in movement forms	Standard 2.1 Demonstrate understanding of movement concepts	Standard 3.1 Achieve and maintain a health-enhancing level of physical fitness
GRADES 9 – 10	1.1.1 Use and combine movement skills in a variety of physical activities 1.1.2 Demonstrate appropriate movement principles in learning and refining movement skills 1.1.3 Demonstrate personal skill improvement 1.1.4 Demonstrate an understanding of guidelines, procedures and behaviors that minimize risk to self, others and equipment, and to ensure safe participation in physical activities	2.1.1 Demonstrate understanding of specific rules and guidelines for participation in recreation and sport including team, group, dual, and individual activities 2.1.2 Explain appropriate strategies or tactics that enhance performance in specific situations and conditions 2.1.3 Demonstrate understanding of appropriate movement principles in learning and refining movement skills	3.1.1 Maintain or improve personal fitness levels by participating in vigorous physical activities for sustained periods of time 3.1.2 Associate results of fitness testing to personal health status and ability to perform various activities 3.1.3 Set goals to improve and/or maintain personal fitness
ADV. PE	1.1.1 Demonstrate an understanding of biomechanics and range of motion as needed techniques to achieve proficiency in proper weight training techniques 1.1.2 Select physical activities to achieve a level of proficiency and maintain a level of vigor and duration 1.1.3 Demonstrate appropriate forms of exercise to enhance flexibility, (rotation/joints)	2.1.1 Design a personal fitness plan that meets specific needs and targets individual goals 2.1.2 Accurately self-assess individual health, strengths, and areas for improvement through variety of fitness measurements 2.1.3 Identify and make appropriate adjustments to fitness program to maximize improvement and achieve goals	3.1.1 Create and implement a personal fitness plan 3.1.2 Demonstrate measurable gains in targeted fitness areas 3.1.3 Accurately record and log workout periods