Alabama Physical Education

Adventure and Cooperative Activities - Level 1

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.AC1.1

A AC-1.1 Motor Skills and Movement Patterns: _Physical fitness for outdoor adventures_ PE19.AC1.1.A

1 Describe physical activities from individual, dual, and team sports that contribute to the improvement of specific fitness components. PE19.AC1.1.1

B AC-1.2 Motor Skills and Movement Patterns: _Training techniques_ PE19.AC1.1.B

2 Identify skills and components needed to design an individualized health-enhancing outdoor fitness program. PE19.AC1.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.AC1.2

A AC-2.1 Movement and Performance: _Safety_ PE19.AC1.2.A

1 Recognize unsafe situations related to participation in outdoor activities. PE19.AC1.2.1

B AC-2.2 Movement and Performance: _Techniques needed for participation_ PE19.AC1.2.B

2 Identify skills and components needed for the individual to participate successfully in outdoor activities. PE19.AC1.2.2

Anchor Standard 3: Physical Activity and Fitness: _The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness._ PE19.AC1.3

A AC-3.1 Physical Activity and Fitness: _Level of exertion_ PE19.AC1.3.A

1 Identify skills to increase health benefits while participating in outdoor activities. PE19.AC1.3.1

B AC-3.2 Physical Activity and Fitness: _Planning outdoor adventure activities and sports_ PE19.AC1.3.B

2 Plan an individual outdoor adventure activity. PE19.AC1.3.2

Anchor Standard 4: Personal and Social Behavior: _The ph[illegible] inc[illegible] res[illegible]

A AC-4.1 Personal and Social Behavior: _Local, state, and federal laws_ PE19.AC1.4.A

1 Research laws pertaining to outdoor activities. PE19.AC1.4.1

[illegible]C-4.2 Personal and Social Behavior: _Responsibility for the [illegible]nvironment_ PE19.AC1.4.B

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and social behavior that respects self and others._ PE19.AC1.4

2 Understand how individual actions impact the environment. PE19.AC1.4.2

Anchor Standard 5: Values Physical Activity: _The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction._ PE19.AC1.5

A AC-5.1 Values Physical Activity: _Health and quality of life_ PE19.AC1.5.A

1 Discuss how outdoor adventures can be beneficial for quality of life. PE19.AC1.5.1

B AC-5.2 Values Physical Activity: _Personal and psychological responses to outdoor adventure activities_ PE19.AC1.5.B

2 Discuss and evaluate the individual benefits of participation in physical activity and outdoor sport, and the social benefits for the individual, family, school, and community. PE19.AC1.5.2