Alabama Physical Education

Adventure and Cooperative Activities - Level 2

Anchor Standard 1: Motor Skills and Movement Patterns: _The physically literate individual demonstrates competency in a variety of motor skills and movement patterns._ PE19.AC2.1

A AC-1.1 Motor Skills and Movement Patterns: _Physical fitness for outdoor adventures_ PE19.AC2.1.A

1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in outdoor activities. PE19.AC2.1.1

B AC-1.2 Motor Skills and Movement Patterns: _Training techniques_ PE19.AC2.1.B

2 Exhibit proper fitness component techniques in outdoor activities to achieve a desired level of health enhancement. PE19.AC2.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.AC2.2

A AC-2.1 Movement and Performance: _Safety_ PE19.AC2.2.A

1 Demonstrate safe and appropriate use and care of equipment and facilities used in outdoor activities. PE19.AC2.2.1

B AC-2.2 Movement and Performance: _Techniques needed for participation_ PE19.AC2.2.B

2 Model proper skills and components for the specified outdoor sport. PE19.AC2.2.2

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.AC2.3

A AC-3.1 Physical Activity and Fitness: _Level of exertion_ PE19.AC2.3.A

1 Apply skills learned to execute a higher level of physical fitness while participating in outdoor activities. PE19.AC2.3.1

B AC-3.2 Physical Activity and Fitness: _Planning outdoor adventure activities and sports_ PE19.AC2.3.B

2 Participate in challenging activities requiring the utilization of newly-acquired skills. PE19.AC2.3.2

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

Skip to main content

A AC-4.1 Personal and Social Behavior: _Local, state, and federal laws_ PE19.AC2.4.A

1 Adhere to laws pertaining to outdoor sports, showing civic and personal responsibility. PE19.AC2.4.1

AC-4.2 Personal and Social Behavior: _Responsibility for the environment_ PE19.AC2.4.B

and social behavior that respects self and others._ PE19.AC2.4

2 Identify and describe examples of environmental civic duties and actions which will fulfill these responsibilities. PE19.AC2.4.2

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.AC2.5

A AC-5.1 Values Physical Activity: _Health and quality of life_ PE19.AC2.5.A

1 Plan an outdoor adventure that provides enjoyment and benefits an individual's health. PE19.AC2.5.1

B AC-5.2 Values Physical Activity: _Personal and psychological responses to outdoor adventure activities_ PE19.AC2.5.B

2 Develop two types of adventure-based, group-oriented activities designed to enhance current health and wellness to support a healthier family, classroom, and community. PE19.AC2.5.2