Alabama Physical Education

Beginning Kinesiology - 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.BK2.1

A BK-1.1 Motor Skills and Movement Patterns: _Lifetime activities_ PE19.BK2.1.A

1 Exhibit competency in activity-specific movement skills in two or more lifetime activities. PE19.BK2.1.1

APE ___APE accommodation suggestions:___ Hand to hand; hand over hand; develop the rules to accommodate each student's needs; adapt equipment to meet students' needs. PE19.BK2.1.1.APE

B BK-1.2 Motor Skills and Movement Patterns: _Dance and rhythm_ PE19.BK2.1.B

2 Exhibit competency in two forms of dance by choreographing an individual dance or creating a group dance. PE19.BK2.1.2

APE ___APE accommodation suggestions:___ Slower music, poly spots and/or arrows on floor for direction, breaking the dance steps/movements down into small parts, review/practice, peer assistance. PE19.BK2.1.2.APE

C BK-1.3 Motor Skills and Movement Patterns: _Fitness activities_ PE19.BK2.1.C

3 Exhibit competency in two or more specialized skills in health-related fitness activities. PE19.BK2.1.3

APE ___APE accommodation suggestions:___ Shorten distance; remove time restraints; remove cadence. PE19.BK2.1.3.APE

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.BK2.2

A BK-2.1 Movement and Performance: _Movement concepts, principles, and knowledge_ PE19.BK2.2.A

1 Explain and discuss the historical and cultural roles of games, sports, and dance. PE19.BK2.2.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.2.1.APE

B BK-2.2 Movement and Performance: _Movement concepts, principles, and knowledge_ PE19.BK2.2.B

2 Demonstrate the speed vs. accuracy adjustment in throwing and striking skills. PE19.BK2.2.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.2.2.APE

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C **BK-2.3 Movement and Performance: _Movement concepts, principles, and knowledge_** PE19.BK2.2.C

3 Implement a practice plan involving steps toward the individualized selected motor skills. PE19.BK2.2.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.2.3.APE

D **BK-2.4 Movement and Performance: _Movement concepts, principles, and knowledge_** PE19.BK2.2.D

4 Examine similarities and differences in various dance forms and rhythmic activities. PE19.BK2.2.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.2.4.APE

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.BK2.3

A **BK-3.1 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK2.3.A

1 Analyze the relationships among physical activity, nutrition, and body composition. PE19.BK2.3.1

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.1.APE

B **BK-3.2 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK2.3.B

2 Assess technology and social media resources for promoting a healthy, active lifestyle. PE19.BK2.3.2

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.2.APE

C **BK-3.3 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK2.3.C

3 Identify, target, and chart rates of perceived exertion and pacing (physical activity). PE19.BK2.3.3

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.3.APE

D **BK-3.4 Physical Activity and Fitness: _Physical activity knowledge_** PE19.BK2.3.D

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4 Participate in physical activities learned from home and community. PE19.BK2.3.4

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.4.APE

E BK-3.5 Physical Activity and Fitness: _Physical activity knowledge_ PE19.BK2.3.E

5 Analyze the impact of life choices, economics, motivation, and accessibility on exercise participation and physical activity in college or career settings. PE19.BK2.3.5

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.5.APE

F BK-3.6 Physical Activity and Fitness: _Engagement in physical activity_ PE19.BK2.3.F

6 Develop a plan, train, and participate in a community event with a focus on physical activity. PE19.BK2.3.6

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.6.APE

G BK-3.7 Physical Activity and Fitness: _Participation in fitness activity_ PE19.BK2.3.G

7 Design and put into effect a strength and conditioning program that develops balance in all muscle groups and supports a healthy, active lifestyle. PE19.BK2.3.7

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.7.APE

H BK-3.8 Physical Activity and Fitness: _Fitness knowledge_ PE19.BK2.3.H

8 Demonstrate movements associated with static and non-static exercises. PE19.BK2.3.8

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.8.APE

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I **BK-3.9 Physical Activity and Fitness: _Physical activity and fitness_** PE19.BK2.3.I

9 Modify intensity to keep heart rate in the target zone using available technology. PE19.BK2.3.9

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.9.APE

J **BK-3.10 Physical Activity and Fitness: _Assessment and program planning_** PE19.BK2.3.J

10 Create and maintain a fitness portfolio which includes assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, and timeline for improvement. PE19.BK2.3.10

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.10.APE

K **BK-3.11 Physical Activity and Fitness: _Nutrition_** PE19.BK2.3.K

11 Create a healthy meal plan that integrates caloric intake and output. PE19.BK2.3.11

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.11.APE

L **BK-3.12 Physical Activity and Fitness: _Stress management_** PE19.BK2.3.L

12 Apply healthy stress-management techniques. PE19.BK2.3.12

APE ___APE accommodation suggestions:__ Physical activity knowledge, engagement in physical activity, participation in fitness activity, fitness knowledge, assessment and program planning, nutrition, stress management_ - Refer to the IEP or special education teacher for academic and testing accommodations. PE19.BK2.3.12.APE

Anchor Standard 4: Personal and Social Behavior: _The physically literate individual exhibits responsible personal an

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A **BK-4.1 Personal and Social Behavior: _Personal responsibility_** PE19.BK2.4.A

1 Recognize and discuss how idealized body images and elite performance levels portrayed in various media differ from the norm. PE19.BK2.4.1

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting; peer assistance to model proper personal and social behaviors PE19.BK2.4.1.APE

respects self and others._ PE19.BK2.4

B **BK-4.2 Personal and Social Behavior: _Rules and etiquette_** PE19.BK2.4.B

2 Discuss moral and ethical conduct in specific competitive situations. PE19.BK2.4.2

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK2.4.2.APE

C **BK-4.3 Personal and Social Behavior: _Working with others_** PE19.BK2.4.C

3 Accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects. PE19.BK2.4.3

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK2.4.3.APE

D **BK-4.4 Personal and Social Behavior: _Working with others_** PE19.BK2.4.D

4 Assume a leadership role in a physical activity setting. PE19.BK2.4.4

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK2.4.4.APE

E **BK-4.5 Personal and Social Behavior: _Safety_** PE19.BK2.4.E

5 Demonstrate safe practices while participating in physical activity, exercise, and movement practices. PE19.BK2.4.5

APE ___APE accommodation suggestions:___ Verbal prompting and redirecting, peer assistance to model proper personal and social behaviors PE19.BK2.4.5.APE

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.BK2.5

A **BK-5.1 Values Physical Activity: _Health_** PE19.BK2.5.A

1 Predict which self-selected physical activities will provide personal health benefits into adulthood. PE19.BK2.5.1

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.5.1.APE

B **BK-5.2 Values Physical Activity: _Challenge_** PE19.BK2.5.B

2 Evaluate the level of success within the challenge in a self-selected physical activity. PE19.BK2.5.2

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.5.2.APE

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C **BK-5.3 Values Physical Activity: _Self-expression and enjoyment_** PE19.BK2.5.C

3 Describe and explain the significance of movement as a means of self-expression. PE19.BK2.5.3

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.5.3.APE

D **BK-5.4 Values Physical Activity: _Social interaction_** PE19.BK2.5.D

4 Evaluate the opportunities for social interaction and social support in a self-selected physical activity. PE19.BK2.5.4

APE ___APE accommodation suggestions:___ Peer assistance and modeling PE19.BK2.5.4.APE