

# Grades 10, 11, 12

Adopted 2009

## High School Elective Courses

### Skill Development

1. Demonstrate complex movement patterns in a variety of activity settings.
2. Apply movement concepts and fitness principles to a variety of physical activity settings.

---

### Cognitive Development

3. Determine characteristics of highly skilled physical performances.
4. Analyze physical activity, sport, and recreational practices for safety, risks, and consequences.
  - Applying rules and procedures to avoid injuries
5. Use competence, proficiency, and strategy skills to solve problems in a physical education environment.
6. Evaluate facilities and programs within the community that may be utilized for maintaining lifelong fitness.

---

### Social Development

7. Identify characteristics of a responsible leader, including honesty, respect for others, and selfcontrol, in a physical education activity.
8. Interpret research regarding social effects associated with engaging in physical activity with others.
9. Demonstrate independence and self-responsibility in student-led physical activities.

---

### Physical Activity and Health

10. Demonstrate the level of fitness required for successful participation in a variety of physical activities.
11. Describe personal goals implemented in an individualized physical fitness performance plan.