Alabama Physical Education

Life Sports: Individual, Dual, and Team - 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.LS1.1

A LS-1.1 Physical fitness PE19.LS1.1.A

1 Describe physical activities that contribute to the improvement of specific fitness components gained from participating in individual, dual, and team sports. PE19.LS1.1.1

B LS-1.2 Acquire training techniques necessary for participation in individual, dual, and team sports. PE19.LS1.1.B

2 Identify skills and components needed to design an individualized health-enhancing fitness program. PE19.LS1.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.LS1.2

A LS-2.1 Acquire an understanding of the importance and consequences of safety in individual, dual, and team sports. PE19.LS1.2.A

1 Recognize unsafe situations related to participation in individual, dual, and team sports. PE19.LS1.2.1

B LS-2.2 Acquire proper techniques of specific activities and sport. PE19.LS1.2.B

2 Identify skills and components for the individual to participate successfully in individual, dual, and team sports. PE19.LS1.2.2

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.LS1.3

A LS-3.1 Maintain a consistent level of exertion in physical activities to attain healthy benefits. PE19.LS1.3.A

1 Determine skills to increase health benefits while participating in individual, dual, and team sports. PE19.LS1.3.1

B LS-3.2 Develop the intellect to plan activities and sport. PE19.LS1.3.B

2 Explain skills required for playing individual, dual, and team sports activities. PE19.LS1.3.2

Anchor Standard 4: Personal and Social Be

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A LS-4.1 Acquire knowledge of rules as they pertain to individual, dual, and team sports. PE19.LS1.4.A

. Research and interpret the rules of individual, dual, and team sports. PE19.LS1.4.1

responsible personal and social behavior that respects self and others._ PE19.LS1.4

B **LS-4.2 Display positive leadership skills while participating in individual, dual, and team sports.** PE19.LS1.4.B

2 Describe how personal actions impact self, teammates, peers, and opponents. PE19.LS1.4.2

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.LS1.5

A **LS-5.1 Identify and evaluate personal, psychological responses to participation in individual, dual, and team sports.** PE19.LS1.5.A

1 Discuss how participation in individual, dual, and team sports assist in developing positive self-image and awareness. PE19.LS1.5.1

B **LS-5.2 Analyze the role that physical activities play in social interaction and cooperative opportunities within the school, family, community and workplace.** PE19.LS1.5.B

2 Discuss and evaluate the benefits of socialization and self-expression in individual, dual, and team sports. PE19.LS1.5.2