Alabama Physical Education

Life Sports: Individual, Dual, and Team - 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.LS2.1

A LS-1.1 Physical fitness PE19.LS2.1.A

1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in individual, dual, and team sports. PE19.LS2.1.1

B LS-1.2 Acquire training techniques necessary for participation in individual, dual, and team sports. PE19.LS2.1.B

2 Exhibit proper fitness component techniques in activities to achieve a desired level of health-enhancement. PE19.LS2.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.LS2.2

A LS-2.1 Acquire an understanding of the importance and consequences of safety in individual, dual, and team sports. PE19.LS2.2.A

1 Demonstrate safe and appropriate use and care of equipment and facilities during individual, dual, and team sports. PE19.LS2.2.1

B LS-2.2 Acquire proper techniques of specific activities and sport. PE19.LS2.2.B

2 Model proper skills and components for the specified individual, dual, and team sports. PE19.LS2.2.2

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.LS2.3

A LS-3.1 Maintain a consistent level of exertion in physical activities to attain healthy benefits. PE19.LS2.3.A

1 Apply skills learned to execute a higher level of physical fitness while participating in individual, dual, and team sports. PE19.LS2.3.1

B LS-3.2 Develop the intellect to plan activities and sport. PE19.LS2.3.B

2 Participate in challenging activities requiring the utilization of newly acquired skills. PE19.LS2.3.2

Anchor Standard 4: Personal and Social Be[illegible] The ph inc

Skip to main content

A LS-4.1 Acquire knowledge of rules as they pertain to individual, dual, and team sports. PE19.LS2.4.A

. Adhere to rules pertaining to individual, dual, and team sports, showing sportsmanship and personal responsibility. PE19.LS2.4.1

responsible personal and social behavior that respects self and others._ PE19.LS2.4

B **LS-4.2 Display positive leadership skills while participating in individual, dual, and team sports.** PE19.LS2.4.B

2 Identify and describe examples of positive and negative behaviors in individual, dual, and team sports. PE19.LS2.4.2

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.LS2.5

A **LS-5.1 Identify and evaluate personal, psychological responses to participation in individual, dual, and team sports.** PE19.LS2.5.A

1 Evaluate a physical activity that shows how it can be beneficial to an individual's health and enjoyment for individual, dual, and team sports. PE19.LS2.5.1

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.LS2.5.B

2 Develop two types of individual, dual, and/or team sports designed to enhance your current health and wellness to support a healthier family, classroom, and community. PE19.LS2.5.2