Alabama Physical Education

Varsity Athletics - 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.VA1.1

A VA-1.1 Physical fitness PE19.VA1.1.A

1 Describe physical activities that contribute to the improvement of specific physical fitness components gained from participating in varsity athletics. PE19.VA1.1.1

B VA-1.2 Acquire training techniques necessary for participation in the selected sport. PE19.VA1.1.B

2 Identify skills and components needed to design an individualized health-enhancing fitness program for varsity athletics. PE19.VA1.1.2

Anchor Standard 2: Movement and performance: _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.VA1.2

A VA-2.1 Acquire an understanding of the importance and consequences of safety in varsity athletics. PE19.VA1.2.A

1 Recognize unsafe situations related to participation in varsity athletics. PE19.VA1.2.1

B VA-2.2 Acquire proper techniques of specific activities in varsity athletics. PE19.VA1.2.B

2 Identify skills and components for the individual to participate successfully in varsity athletics. PE19.VA1.2.2

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.VA1.3

A VA-3.1 Maintain a consistent level of exertion in varsity athletics to obtain health benefits. PE19.VA1.3.A

1 Determine skills to increase health benefits while participating in varsity athletics. PE19.VA1.3.1

B VA-3.2 Develop the intellect to plan a program for varsity athletics. PE19.VA1.3.B

2 Explain skills required for planning individual activities in varsity athletics. PE19.VA1.3.2

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

Skip to main content

res others._ PE19.VA1.4

A VA-4.1 Acquire knowledge of local, state, and federal laws as they pertain to varsity athletics. PE19.VA1.4.A

1 Research laws pertaining to participating in varsity athletics. PE19.VA1.4.1

B **VA.4.2 Display positive leadership skills while participating in varsity athletics.** PE19.VA1.4.B

2 Explain how your personal actions impact you, teammates, peers, and opponents. PE19.VA1.4.2

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.VA1.5

A **VA-5.1 Identify and evaluate personal, psychological responses to participation in varsity athletics.** PE19.VA1.5.A

1 Discuss how participation in varsity athletics assists in developing positive self-image and awareness. PE19.VA1.5.1

B **VA-5.2 Analyze the role that varsity athletics play in social interaction and cooperative opportunities within the school, family, community, and workplace.** PE19.VA1.5.B

2 Discuss and evaluate the individual benefits of participation in varsity athletics, and the social benefits for the individual, family, school, and community. PE19.VA1.5.2