

# 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  
and social behavior that  
respects self and  
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

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**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

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**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

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**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