

Varsity Athletics - 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.VA2.1

A VA-1.1 Physical fitness PE19.VA2.1.A

- 1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in varsity athletics. PE19.VA2.1.1

B VA-1.2 Acquire training techniques necessary for participation in the selected sport. PE19.VA2.1.B

- 2 Exhibit proper fitness component techniques in varsity athletics to achieve a desired level of health enhancement. PE19.VA2.1.2

**Anchor Standard 2:
Movement and
performance:** _The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance._ PE19.VA2.2

A VA-2.1 Acquire an understanding of the importance and consequences of safety in varsity athletics. PE19.VA2.2.A

- 1 Demonstrate safe and appropriate use and care of equipment and facilities in varsity sports. PE19.VA2.2.1

B VA-2.2 Acquire proper techniques of specific activities in varsity athletics. PE19.VA2.2.B

- 2 Model proper skills and components for the specific varsity program. PE19.VA2.2.2

**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.VA2.3

A VA-3.1 Maintain a consistent level of exertion in varsity athletics to obtain health benefits. PE19.VA2.3.A

- 1 Apply skills learned to attain a higher level of physical fitness while participating in varsity athletics. PE19.VA2.3.1

B VA-3.2 Develop the intellect to plan a program for varsity athletics. PE19.VA2.3.B

- 2 Participate in challenging activities requiring the utilization of newly acquired skills. PE19.VA2.3.2

**Anchor Standard 4:
Personal and Social
Behavior:** _The physically literate individual exhibits responsible personal and social behavior that respects self and others._ PE19.VA2.4

A VA-4.1 Acquire knowledge of local, state, and federal laws as they pertain to varsity athletics. PE19.VA2.4.A

- 1 Adhere to laws pertaining to personal responsibility while participating in varsity athletics. PE19.VA2.4.1

B VA.4.2 Display positive leadership skills while participating in varsity athletics. PE19.VA2.4.B

- 2 Identify and describe examples of positive and negative behaviors in varsity athletics. PE19.VA2.4.2
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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.VA2.5

A VA-5.1 Identify and evaluate personal, psychological responses to participation in varsity athletics. PE19.VA2.5.A

- 1 Assess a physical activity to show how it can be beneficial to an individual's health and enjoyment of varsity sports. PE19.VA2.5.1
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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.VA2.5.B

- 2 Make a video of one element of a training protocol designed to enhance your current health and wellness to support a healthier family, classroom, and community. PE19.VA2.5.2