Alabama Physical Education

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 an

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'/A.4.2 Display positive leadership skills while participating in varsity

ıthletics. PE19.VA2.4.B

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

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.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

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