Physical Education (2010): Grades 9, 10, 11, 12

Adopted 2010

Demonstrate competency in motor and movement skills needed to perform a variety of physical activities.	1. **Demonstrate competent skills while participating in modified team activities (e.g., soccer, lacrosse, hockey).** 2. **Demonstrate competent skills while participating in individual and dual activities (e.g., golf, tennis, bowling).** 3. **Demonstrate competent skills while participating in non-competitive individual activities (e.g., walking, yoga, aquatic water safety, Native Youth Olympics games).** 4. **Demonstrate competent skills while participating in rhythmic activities (e.g., Native, folk, social dances).** 5. **Demonstrate competent skills while participating in adventure/outdoor activities (e.g., Alaskan cultural physical activities, hunting, fishing, skiing, biking, hiking, wilderness survival, camping).**
Apply movement concepts to the learning and performance of physical activities.	1. **Utilize basic skills, tactics, and strategies while participating in a variety of lifetime activities; and advanced skills, tactics, strategies while participating in at least two lifetime activities.** 2. **Use a variety of complex movement patterns, independently and routinely, to improve skills.** 3. **Acquire new skills while continuing to refine existing ones.** 4. **Identify basic biomechanical principles as they pertain to movements within a physical activity.** 5. **Recognize various levels of performance (novice, competent and proficient).** 6. **Apply knowledge of major muscle groups to improve performance and/or create training plans.** 7. **Explain to others the importance of strategies and safety procedures for success while participating in physical activity (e.g., weightlifting, wearing a helmet while snowboarding).**

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Participate regularly in physical activity.	1. **Use current technology (e.g., heart rate monitors, tri-FIT, Dartfish, Wii Fitness)to monitor physical activity to meet personal goals.** 2. **Maintain an outside-of-class physical activity journal based upon units of study.** 3. **Identify local, state, national, and international fitness and recreational resources(e.g., trails, wilderness areas, rivers, lakes, National Center on Physical Activity and Disability - NCPAD).** 4. **Develop evidence-based personal activity plans that include self-selected physical activities and sports.**
Apply fitness concepts to achieve and maintain a health-enhancing level of personal fitness.	1. **Meet the age and gender-specific health-related fitness standards using a nationally recognized assessment tool (e.g., Fitnessgram, President's Challenge, APEAS II – Adaptive Physical Education Assessment).** 2. **Assess physical fitness status in terms of health-related fitness (cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition).** 3. **Compare and identify fitness value of specific movement forms.** 4. **Design, implement, monitor, and adjust a personal fitness program to meet personal needs and goals for a lifetime.**
Exhibit personal and social behavior that respects self and others in physical activity settings.	1. **Demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in all physical activity settings.** 2. **Demonstrate an understanding of responsible personal and social behaviors in physical activity settings.** 3. **Accommodate individual differences. (e.g., ability levels, gender, ethnicity, disability among people, and physical activities of a variety of actions, culture, and ethnic origins).** 4. **Exhibit sportsmanship/etiquette in all physical activity settings.**
Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.	1. **Enjoy the challenge of working hard and the satisfaction of improving skills.** 2. **Seek personally challenging experiences in physical activity opportunities.** 3. **Recognize physical activity as a positive opportunity for social and group interaction.** 3. **Recognize physical activity as a positive opportunity for social and group interaction.**

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4. **Analyze selected physical activity experiences for social, emotional, and health benefits.**