

# Personal Fitness: Grades 9, 10, 11, 12

Adopted 2011

## Movement Concepts

### **1: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.**

1. Identify and apply proper techniques associated with participation in a variety of activities **MC.1.RSA.1**
  2. Participate in a variety of activities that promote fitness **MC.1.RSA.2**
  3. Apply knowledge and skills in a variety of recreational activities **MC.1.RSA.3**
  4. Participate in a variety of traditional and adventure activities using strategies, tactics, and fundamental movement patterns to perform complex skills **MC.1.RSA.4**
  5. Demonstrate physical ability in a self-assessment of skills:
    - agility
    - balance
    - coordination
    - power
    - reaction time
    - speed**MC.1.RSA.5**
  6. Engage in a variety of activities that promote improvement in each skill-related component of fitness **MC.1.RSA.6**
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## Concepts of Recreational Sports and Activities

### **2: Students shall comprehend the rules and strategies associated with a variety of recreational sports and activities.**

1. Understand rules, skill techniques, and basic strategies associated with a variety of recreational sports and activities **CRSA.2.RSA.1**
  2. Summarize the history, rules, terminology, scoring, and etiquette in a variety of recreational sports and activities **CRSA.2.RSA.2**
  3. Demonstrate proper rules and procedures while engaging in a variety of recreational sports and activities **CRSA.2.RSA.3**
  4. Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise:
    - overload
    - progression
    - specificity**CRSA.2.RSA.4**
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## **Personal and Social Behavior**

### **3: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.**

1. Demonstrate ability to act responsibly and independently in physical activity settings **PSB.3.RSA.1**
2. Apply appropriate safe behaviors when participating in all physical activities **PSB.3.RSA.2**
3. Model positive social behaviors associated with physical activity **PSB.3.RSA.3**
4. Identify ways to modify activities in order to include persons with diverse abilities **PSB.3.RSA.4**
5. Recognize the impact of peer pressure on physical activity, participation, and performance **PSB.3.RSA.5**