Connecticut Physical Education

# High School Advanced

**Students will demonstrate competency in a variety of motor skills and movement patterns.** 1

**Lifetime Activities**

S1.H1 S1.H1 S1.H1

S1.H1.L2 Demonstrates the ability to refine activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games, or target games). S1.H1.L2

**Dance and Rhythms**

S1.H2 S1.H2 S1.H2

S1.H2.L2 Demonstrates competency in a form of dance by choreographing a dance or by giving a performance. S1.H2.L2

**Fitness Activities**

S1.H3 S1.H3 S1.H3

S1.H3.L2 Demonstrates competency in two or more specialized skills in health-related fitness activities. S1.H3.L2

Skip to main content

**Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.** 2

**Movement Concepts, Principles, and Knowledge**

S2.H1 S2.H1 S2.H1

S2.H1.L2 Demonstrates the ability to identify and discuss the historical and cultural roles of games, sports, and dance in a society. S2.H1.L2

S2.H2 S2.H2 S2.H2

S2.H2.L2 Demonstrates the ability to describe the speed vs. accuracy trade-off in throwing and striking skills. S2.H2.L2

S2.H3 S2.H3 S2.H3

S2.H3.L2 Demonstrates the ability to identify the stages of learning a motor skill. S2.H3.L2

S2.H4 S2.H4 S2.H4

S2.H4.L2 Demonstrates the ability to compare similarities and differences in various dance forms. S2.H4.L2

S2.H5 S2.H5 S2.H5

S2.H5.L2 Demonstrates the ability to apply strategies and tactics when analyzing errors in game play in net/wall and/or target games. S2.H5.L2

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**Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.** 3

**Physical Activity Knowledge**

S3.H1 S3.H1 S3.H1

S3.H1.L2 Demonstrates the ability to investigate the relationships among physical activity, nutrition, and body composition. S3.H1.L2

S3.H2 S3.H2 S3.H2

S3.H2.L2 Demonstrates the ability to analyze and apply technology and social media as tools for supporting a healthy, active lifestyle. S3.H2.L2

S3.H3 S3.H3 S3.H3

S3.H3.L2 Demonstrates the ability to apply rates of perceived exertion and pacing. S3.H3.L2

S3.H5 S3.H5 S3.H5

S3.H5.L2 Demonstrates the ability to analyze the impact of life choices, economics, motivation and accessibility on exercise adherence and participation in physical activity in college or career settings. S3.H5.L2

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**Engages in Physical Activity**

S3.H6 S3.H6 S3.H6

S3.H6.L2 Demonstrates the ability to create a plan, train for and participate in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event). S3.H6.L2

Skip to main content

**Fitness Knowledge**

S3.H7 S3.H7 S3.H7

S3.H7.L2 Demonstrates the ability to design and implement a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle. S3.H7.L2

S3.H8 S3.H8 S3.H8

S3.H8.L2 Demonstrates the ability to identify the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). S3.H8.L2

S3.H9 S3.H9 S3.H9

S3.H9.L2 Demonstrates the ability to identify the structure of skeletal muscle and fiber types as they relate to muscle development. S3.H9.L2

S3.H10 S3.H10 S3.H10

S3.H10.L2 Demonstrates the ability to adjust pacing to keep heart rate in the target zone, using available technology (e.g., heart rate monitor), to self-monitor aerobic intensity. S3.H10.L2

**Assessment and Program Planning**

S3.H11 S3.H11 S3.H11

S3.H11.L2 Demonstrates the ability to develop and maintain a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). S3.H11.L2

S3.H12 S3.H12 S3.H12

S3.H12.L2 Demonstrates the ability to analyze the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. S3.H12.L2

**Nutrition**

S3.H13 S3.H13 S3.H13

S3.H13.L2 Demonstrates the ability to create a snack plan for before, during and after exercise that addresses nutrition needs for each phase. S3.H13.L2

**Stress Management**

S3.H14 S3.H14 S3.H14

S3.H14.L2 Demonstrates the ability to apply stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. S3.H14.L2

Skip to main content

**Students will exhibit responsible personal and social behavior that respects self and others.** 4

**Personal responsibility**

S4.H1 S4.H1 S4.H1

S4.H1.L2 Demonstrates the ability to accept differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media. S4.H1.L2

**Rules and Etiquette**

S4.H2 S4.H2 S4.H2

S4.H2.L2 Demonstrates the ability to examine moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). S4.H2.L2

**Working with Others**

S4.H3 S4.H3 S4.H3

S4.H3. L2 Demonstrates the ability to assume a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. S4.H3. L2

S4.H4 S4.H4 S4.H4

S4.H4.L2 Demonstrates the ability to accept others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects. S4.H4.L2

**Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.** 5

**Challenge**

S5.H2 S5.H2 S5.H2

S5.H2.L2 Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. S5.H2.L2

**Self-Expression and Enjoyment**

S5.H3 S5.H3 S5.H3

S5.H3. L2 Demonstrates the ability to identify the uniqueness of creative dance as a means of self-expression. S5.H3. L2

**Social Interaction**

S5.H4 S5.H4 S5.H4

S5.H4.L2 Demonstrates the ability to evaluate the opportunity for social interaction and social support in a self-selected physical activity or dance. S5.H4.L2