Connecticut Physical Education

High School Proficient

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

Lifetime Activities

S1.H1 S1.H1 S1.H1

S1.H1.L1 Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games or target games). S1.H1.L1

Dance and Rhythms

S1.H2 S1.H2 S1.H2

S1.H2.L1 Demonstrates competency in dance forms used in cultural and social occasions (e.g., weddings, parties), or demonstrates competency in one form of dance (e.g., ballet, modern, hip hop, tap). S1.H2.L1

Fitness Activities

S1.H3 S1.H3 S1.H3

S1.H3.L1 Demonstrates competency in one or more specialized skills in health-related fitness activities. S1.H3.L1

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.L1 Demonstrates the ability to apply the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits appropriately. S2.H1.L1

S2.H2 S2.H2 S2.H2

S2.H2.L1 Demonstrates the ability to use movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. S2.H2.L1

S2.H3 S2.H3 S2.H3

S2.H3.L1 Demonstrates the ability to create a practice plan to improve performance for a self-selected skill. S2.H3.L1

S2.H4 S2.H4 S2.H4

S2.H4.L1 Demonstrates the ability to identify examples of social and technical dance forms. S2.H4.L1

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S2.H5 S2.H5 S2.H5

S2.H5.L1 Demonstrates the ability to use strategies and tactics effectively during game play in net/wall and/or target games. S2.H5.L1

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.L1 Demonstrates the ability to discuss the benefits of a physically active lifestyle as it relates to college or career productivity. S3.H1.L1

S3.H2 S3.H2 S3.H2

S3.H2.L1 Demonstrates the ability to evaluate the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. S3.H2.L1

S3.H3 S3.H3 S3.H3

S3.H3.L1 Demonstrates the ability to identify issues associated with exercising in heat, humidity and cold. S3.H3.L1

S3.H4 S3.H4 S3.H4

S3.H4.L1 Demonstrates the ability to evaluate activities that can be pursued in the local environment according to their benefits, social support network and participation requirements. S3.H4.L1

S3.H5 S3.H5 S3.H5

S3.H5.L1 Demonstrates the ability to evaluate risks and safety factors that might affect physical activity preferences throughout the life cycle. S3.H5.L1

Engages in Physical Activity

S3.H6 S3.H6 S3.H6

S3.H6.L1 Demonstrates the ability to participate several times a week in a self-selected lifetime activity, dance, or fitness activity outside of the school day. S3.H6.L1

Fitness Knowledge

S3.H7 S3.H7 S3.H7

S3.H7.L1 Demonstrates appropriate technique on resistance training machines and with free weights. S3.H7.L1

S3.H8 S3.H8 S3.H8

S3.H8.L1 Demonstrates the ability to relate physiological responses to individual levels of fitness and nutritional balance. S3.H8.L1

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S3.H9 S3.H9 S3.H9

S3.H9.L1 Demonstrates the ability to identify types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion). S3.H9.L1

S3.H10 S3.H10 S3.H10

S3.H10.L1 Demonstrates the ability to calculate target heart rate and apply that information to a personal fitness plan. S3.H10.L1

Assessment and Program Planning

S3.H11 S3.H11 S3.H11

S3.H11.L1 Demonstrates the ability to create and implement a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings. S3.H11.L1

S3.H12 S3.H12 S3.H12

S3.H12.L1 Demonstrates the ability to design a fitness program, including all components of health-related fitness, for a college student and/or an employee in the learner's chosen field of work. S3.H12.L1

Nutrition

S3.H13 S3.H13 S3.H13

S3.H13.L1 Demonstrates the ability to design and implement a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. S3.H13.L1

Stress Management

S3.H14 S3.H14 S3.H14

S3.H14.L1 Demonstrates the ability to identify stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. S3.H14.L1

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

Personal responsibility

S4.H1 S4.H1 S4.H1

S4.H1.L1 Demonstrates the ability to employ effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. S4.H1.L1

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Rules and Etiquette

S4.H2 S4.H2 S4.H2

S4.H2.L1 Demonstrates the ability to exhibit proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. S4.H2.L1

Working with Others

S4.H3 S4.H3 S4.H3

S4.H3.L1 Demonstrates the ability to use communication skills and strategies that promote team or group dynamics. S4.H3.L1

S4.H4 S4.H4 S4.H4

S4.H4.L1 Demonstrates the ability to solve problems and think critically in physical activity and/or dance settings, both as an individual and in groups. S4.H4.L1

Safety

S4.H5 S4.H5 S4.H5

S4.H5.L1 Demonstrates the ability to apply best practices for participating safely in physical activity, exercise, and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). S4.H5.L1

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

Health

S5.H1 S5.H1 S5.H1

S5.H1.L1 Demonstrates the ability to analyze the health benefits of a self-selected physical activity. S5.H1.L1

Self-Expression and Enjoyment

S5.H3 S5.H3 S5.H3

S5.H3.L1 Demonstrates the ability to select and participate in physical activities or dance that meet the need for self-expression and enjoyment. S5.H3.L1

Social Interaction

S5.H4 S5.H4 S5.H4

S5.H4.L1 Demonstrates the ability to identify the opportunity for social support in a self-selected physical activity or dance. S5.H4.L1