

Physical Education: Grades 9, 10, 11, 12

Adopted 2008

Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities

Physical Activity involves using movement and motor skills throughout your life.

Design an appropriate practice plan for a variety of motor skills.

Refine sports skills and movement concepts to focus on a specific sport

Personalize the Health Related Components's as they apply to helping one become fit for life.

Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

How to apply specific movement concepts, principles, strategies and tactics to variety of physical activities.

Break down a game into its tactical, strategic and skill components.

Plan personal conditioning program.

Develop realistic short and long term fitness goals.

Apply concepts to personal activities and authentic games to ensure safety

Practice to improve

Participates regularly in physical activity

Everybody needs to be physically active

Choose activities to participate in regularly for lifespan wellness

Identify activities for personal enjoyment

Apply training principles for self improvement

Monitor/adapt participation for improvement and enjoyment

Identify intrinsic and extrinsic influences to participation

Maintain/create activity log

Access and utilize a variety of resources

Achieves and maintains a personal health-enhancing level of physical fitness

Physical fitness contributes to quality of life

- Assess and adjust their heart rate during various levels of activity
 - Interpret and utilize the results of the self assessment
 - Self assess their personal fitness levels
 - Apply knowledge, components and self-assessment to a personal fitness plan
 - Recognize factors influencing their health-related fitness
 - Interpret "Fitnessgram"/fitness test results
 - Link physical activity with health related component of fitness
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Exhibits responsible personal and social behavior that respects self and others in physical activity settings

There are personal & social behavioral expectations in physical activity settings.

- Assume the role of an official/referee during an activity
 - Resolve conflicts during activities
 - Select and perform a variety of activities
 - Demonstrate/Participate leadership – in a game, as an official, as a coach, as a teacher, in creating a new game
 - Demonstrate the inclusion of diverse populations in a variety of physical activities
 - Create and identify a physically safe environment
 - Demonstrate (sport) etiquette in a variety of physical activity settings
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Creates opportunities for health, enjoyment, challenge, self-expression and/or social interaction through physical activity

Physical activity provides a variety of opportunity for health, enjoyment, challenge, self-expression and/or social interaction.

- Provide reasons for participation
- Reflect on choices of physical activity
- Create and determine physical activity opportunities for self fulfillment
- Demonstrate self expression through physical activity
- Adapt physical activity choices based on life circumstances