Delaware Health and Physical Education

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

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	Recognize factors influencing their health-related fitness
	Interpret "Fitnessgram"/fitness test results
	Link physical activity with health related component of fitness
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
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