Florida Physical Education

Grades 9, 10, 11, 12

Adopted 2013

Movement Competency

1 Demonstrate competency in many, and proficiency in a few, movement forms from a variety of categories.

1. Demonstrate critical elements of basic skills relating to aquatics. PE.912.M.1.1
2. Demonstrate proficiency in combination of motor skills related to aquatics. PE.912.M.1.2
3. Perform a basic water rescue, with or without equipment, without entering the water. PE.912.M.1.3
4. Perform refinement of one or more swim strokes to enhance efficiency, power and cardio-respiratory endurance in a variety of aquatics settings. PE.912.M.1.4
5. Apply strategies for self improvement based on individual strengths and needs. PE.912.M.1.5
6. Select appropriate music for dance forms and choreograph dance movements to music. PE.912.M.1.6
7. Perform advanced dance sequences from a variety of dances accurately. PE.912.M.1.7
8. Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props. PE.912.M.1.8
9. Demonstrate complex skills and advanced rhythmic movements in dance. PE.912.M.1.9
10. Apply sport specific skills in simulation and in real-life applications. PE.912.M.1.10
11. Demonstrate competency in two or more extreme sports activities. PE.912.M.1.11
12. Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance. PE.912.M.1.12
13. Perform a student-designed cardio-respiratory enhancing workout. PE.912.M.1.13
14. Utilize technology to assess, enhance and maintain health and skill-related fitness levels. PE.912.M.1.14
15. Select and apply sport/activity specific warm-up and cool-down techniques. PE.912.M.1.15
16. Apply the principles of training and conditioning to accommodate individual needs and strengths. PE.912.M.1.16

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17. Demonstrate basic cardiopulmonary resuscitation (CPR) procedures. PE.912.M.1.17
18. Demonstrate a variety of gymnastics skills with a level of control. PE.912.M.1.18
19. Use correct body alignment, strength, flexibility and coordination in the performance of technical movements. PE.912.M.1.19
20. Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner or in a small group. PE.912.M.1.20
21. Demonstrate the relationship between complex dance elements and rhythmic movements related to educational gymnastics skills and sequences. PE.912.M.1.21
22. Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports. PE.912.M.1.22
23. Demonstrate proficiency of critical elements when striking with objects, implements or body parts. PE.912.M.1.23
24. Apply a combination of complex movement patterns in a game setting. PE.912.M.1.24
25. Apply appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking. PE.912.M.1.25
26. Analyze and apply offensive, defensive and transition strategies and tactics to reflect a higher order of thinking. PE.912.M.1.26
27. Demonstrate proficiency in a variety of outdoor pursuit activities. PE.912.M.1.27
28. Apply strategies and tactics in a variety of outdoor pursuits. PE.912.M.1.28
29. Demonstrate proficiency in self-defense movement skills. PE.912.M.1.29
30. Combine and apply movement patterns from simple to complex. PE.912.M.1.30
31. Demonstrate advanced offensive, defensive and transition strategies and tactics. PE.912.M.1.31
32. Apply sport specific skills in a variety of game settings. PE.912.M.1.32
33. Practice complex motor activities in order to improve performance. PE.912.M.1.33
34. Demonstrate use of the mechanical principles as they apply to specific course activities. PE.912.M.1.34
35. Select proper equipment and apply all appropriate safety procedures necessary for participation. PE.912.M.1.35

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Independent

a. Use critical elements of basic skills relating to aquatics, such as use of swim strokes, use of mask and fins and use of emergency safety equipment. PE.912.M.1.IN.A

b. Use a combination of motor skills related to aquatics, such as rhythmic breathing, coordinated movements and body alignment while entering the water. PE.912.M.1.IN.B

c. Perform a basic water rescue with equipment without entering the water. PE.912.M.1.IN.C

d. Perform more than one swim stroke to improve efficiency, power and cardio-respiratory endurance in a variety of aquatics settings, such as pools, lakes or open water. PE.912.M.1.IN.D

e. Demonstrate strategies for self-improvement based on individual strengths and needs. PE.912.M.1.IN.E

f. Select music with correct beat and tempo to develop dance movements. PE.912.M.1.IN.F

g. Perform dance sequences from a variety of dances accurately, such as hip-hop, social, step and line. PE.912.M.1.IN.G

h. Create and perform a creative movement sequence with a group. PE.912.M.1.IN.H

i. Demonstrate basic skills and rhythmic movements in dance, such as line, hip-hop, country and folk. PE.912.M.1.IN.I

j. Demonstrate basic skills of extreme sports in simulated and real-life applications. PE.912.M.1.IN.J

k. Demonstrate competency in one extreme sports activity. PE.912.M.1.IN.K

l. Select and perform basic movements using a variety of equipment that lead to improved or maintained muscular strength and endurance. PE.912.M.1.IN.L

m. Identify correct exercises and perform a cardio-respiratory enhancing workout. PE.912.M.1.IN.M

n. Use technology to develop, enhance and maintain health and skill-related fitness levels. PE.912.M.1.IN.N

o. Identify and use sports/activity specific warm-up and cool-down techniques. PE.912.M.1.IN.O

p. Use the principles of training (overload, specificity and progression) and conditioning (frequency, intensity, time and type) to accommodate individual needs and strengths. PE.912.M.1.IN.P

q. Perform basic cardiopulmonary resuscitation procedures. PE.912.M.1.IN.Q

r. Demonstrate a variety of basic gymnastics skills safely and with a level of control. PE.912.M.1.IN.R

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s. Use correct body alignment, strength and flexibility to perform technical movements in gymnastics. PE.912.M.1.IN.S

t. Demonstrate combinations of basic gymnastics sequences with smooth transitions alone, with a partner or in a small group. PE.912.M.1.IN.T

u. Demonstrate the relationship between basic dance elements and rhythmic movements related to educational gymnastics. PE.912.M.1.IN.U

v. Demonstrate combinations of basic motor skills for a variety of individual and dual sports. PE.912.M.1.IN.V

w. Demonstrate critical elements when striking with an object, implement or body part, such as proper technique or form. PE.912.M.1.IN.W

x. Demonstrate a combination of basic movement patterns in a game setting. PE.912.M.1.IN.X

y. Demonstrate appropriate speed and generation of force when distance running, sprinting, throwing, jumping and striking. PE.912.M.1.IN.Y

z. Examine and demonstrate offensive, defensive and transition strategies to reflect a higher order of thinking. PE.912.M.1.IN.Z

aa. Perform skills in a variety of outdoor pursuit activities. PE.912.M.1.IN.AA

ab. Demonstrate strategies and tactics in a variety of outdoor pursuits. PE.912.M.1.IN.AB

ac. Demonstrate basic self-defense movement skills. PE.912.M.1.IN.AC

ad. Combine and use simple self-defense movement patterns. PE.912.M.1.IN.AD

ae. Demonstrate offensive, defensive and transition strategies. PE.912.M.1.IN.AE

af. Demonstrate sport-specific skills in a variety of game settings. PE.912.M.1.IN.AF

ag. Practice motor activities in order to improve performance. PE.912.M.1.IN.AG

ah. Use selected mechanical principles, such as balance, force or leverage, as they apply to specific course activities. PE.912.M.1.IN.AH

ai. Identify proper equipment and demonstrate all safety procedures for participation. PE.912.M.1.IN.AI

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Supported

a. Perform critical elements of basic skills related to aquatics, such as use of swim strokes, use of mask and fins and use of emergency safety equipment. PE.912.M.1.SU.A

b. Use motor skills related to aquatics, such as rhythmic breathing, coordinated movements or body alignment while entering the water. PE.912.M.1.SU.B

c. Participate in a basic water rescue with equipment without entering the water. PE.912.M.1.SU.C

d. Perform a swim stroke to improve efficiency, power and cardio-respiratory endurance in a variety of aquatics settings, such as pools, lakes or open water. PE.912.M.1.SU.D

e. Use strategies for self-improvement based on individual strengths and needs. PE.912.M.1.SU.E

f. Use music with correct beat and tempo to develop dance movements. PE.912.M.1.SU.F

g. Perform a variety of dance sequences accurately, such as from hip-hop, social, step and line. PE.912.M.1.SU.G

h. Perform a creative movement sequence while working with a group. PE.912.M.1.SU.H

i. Use rhythmic movements in dance, such as line, hip-hop, country and folk. PE.912.M.1.SU.I

j. Perform basic skills of modified extreme sports in simulated and real-life applications. PE.912.M.1.SU.J

k. Demonstrate competency in one modified extreme sports activity. PE.912.M.1.SU.K

l. Identify and perform basic movements using a variety of equipment that lead to improved or maintained muscular strength and endurance. PE.912.M.1.SU.L

m. Recognize correct exercises and perform a cardio-respiratory enhancing workout. PE.912.M.1.SU.M

n. Use technology to develop and maintain health and skill-related fitness levels. PE.912.M.1.SU.N

o. Recognize and use activity specific warm-up and cool-down techniques. PE.912.M.1.SU.O

p. Use selected principles of training (overload, specificity or progression) and conditioning (frequency, intensity, time and type) to accommodate individual needs and strengths. PE.912.M.1.SU.P

q. Imitate basic cardiopulmonary resuscitation procedures. PE.912.M.1.SU.Q

r. Perform a variety of basic gymnastics skills safely and with a level of control. PE.912.M.1.SU.R

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s. Use strength and flexibility to perform technical movements in basic gymnastics. PE.912.M.1.SU.S

t. Demonstrate combinations of basic gymnastics sequences alone, with a partner or in a small group. PE.912.M.1.SU.T

u. Use basic dance skills and rhythmic movements related to educational gymnastics. PE.912.M.1.SU.U

v. Use combinations of basic motor skills for a variety of modified individual and dual sports. PE.912.M.1.SU.V

w. Use critical elements when striking with an object, implement or body part, such as proper technique or form. PE.912.M.1.SU.W

x. Use basic movement patterns in a modified game. PE.912.M.1.SU.X

y. Use appropriate speed and generation of force when distance running, sprinting, throwing, jumping, striking or kicking. PE.912.M.1.SU.Y

z. Identify and demonstrate basic offensive, defensive and transition strategies to reflect a higher order of thinking. PE.912.M.1.SU.Z

aa. Perform basic skills in a variety of modified outdoor pursuit activities. PE.912.M.1.SU.AA

ab. Perform strategies and tactics in a variety of modified outdoor pursuits. PE.912.M.1.SU.AB

ac. Perform basic self-defense movement skills. PE.912.M.1.SU.AC

ad. Use simple self-defense movement patterns. PE.912.M.1.SU.AD

ae. Perform basic offensive and defensive positions and guided transition strategies. PE.912.M.1.SU.AE

af. Use basic sport-specific skills in a variety of modified game settings. PE.912.M.1.SU.AF

ag. Practice basic motor activities in order to improve performance. PE.912.M.1.SU.AG

ah. Use a mechanical principle, such as balance, force or leverage, as it applies to selected course activities. PE.912.M.1.SU.AH

ai. Recognize proper equipment and demonstrates all safety procedures for participation. PE.912.M.1.SU.AI

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Participatory

a. Perform modified basic skills related to aquatics. PE.912.M.1.PA.A

b. Perform motor skills related to aquatics, such as rhythmic breathing, coordinated movements or body alignment while entering the water. PE.912.M.1.PA.B

c. Recognize equipment used in a basic water rescue. PE.912.M.1.PA.C

d. Perform a modified swim stroke to improve efficiency, power and cardio-respiratory endurance in an aquatics setting. PE.912.M.1.PA.D

e. Perform a guided activity for self-improvement based on individual strengths and needs. PE.912.M.1.PA.E

f. Express self through movement to music. PE.912.M.1.PA.F

g. Perform movements associated with a variety of dance sequences. PE.912.M.1.PA.G

h. Perform a movement sequence while working with a group. PE.912.M.1.PA.H

i. Perform rhythmic movements in dance. PE.912.M.1.PA.I

j. Imitate basic skills of modified extreme sports in simulated and real-life applications. PE.912.M.1.PA.J

k. Demonstrate competency in one or more skills required for one modified extreme sports activity. PE.912.M.1.PA.K

l. Perform basic movements using a variety of equipment that lead to improved or maintained muscular strength and endurance. PE.912.M.1.PA.L

m. Perform a cardio-respiratory enhancing workout. PE.912.M.1.PA.M

n. Use selected technology to develop health and skill-related fitness levels. PE.912.M.1.PA.N

o. Perform an activity specific warm-up and cool-down technique. PE.912.M.1.PA.O

p. Use selected principles of training (overload, specificity or progression) and conditioning (frequency, intensity, time and type) to accommodate individual needs and strengths for selected modified physical activities. PE.912.M.1.PA.P

q. Perform guided basic emergency response procedures. PE.912.M.1.PA.Q

r. Perform guided basic gymnastics skills safely and with a level of control. PE.912.M.1.PA.R

s. Use strength and flexibility to perform guided movements in basic gymnastics. PE.912.M.1.PA.S

t. Perform a guided basic gymnastics sequence alone, with a partner or in a small group. PE.912.M.1.PA.T

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u. Perform guided basic dance skills and rhythmic movements related to educational gymnastics. PE.912.M.1.PA.U

v. Perform combinations of guided basic motor skills for a variety of modified individual and dual sports. PE.912.M.1.PA.V

w. Perform a striking motion with an object, implement or body part. PE.912.M.1.PA.W

x. Use guided basic movement patterns in a modified game. PE.912.M.1.PA.X

y. Perform actions with appropriate speed or force when running, throwing, jumping, striking or kicking. PE.912.M.1.PA.Y

z. Recognize and perform selected basic offensive, defensive and guided transition strategies. PE.912.M.1.PA.Z

aa. Perform guided skills in a variety of modified outdoor pursuit activities. PE.912.M.1.PA.AA

ab. Use guided basic strategies and tactics in a variety of modified outdoor pursuits. PE.912.M.1.PA.AB

ac. Perform guided basic self-defense movement skills, such as moves and makes contact with an object or person. PE.912.M.1.PA.AC

ad. Perform simple self-defense movement patterns. PE.912.M.1.PA.AD

ae. Perform selected basic offensive and defensive positions. PE.912.M.1.PA.AE

af. Perform basic sport-specific skills in a variety of selected modified game settings. PE.912.M.1.PA.AF

ag. Practice modified movement (motor) activities in order to improve performance. PE.912.M.1.PA.AG

ah. Use a mechanical principle, such as balance, force or leverage, as it applies to selected modified course activities. PE.912.M.1.PA.AH

ai. Perform all safety procedures for participation. PE.912.M.1.PA.AI

Cognitive Abilities

2 **Identify, analyze and evaluate movement concepts, mechanical principles, safety considerations and strategies/tactics regarding movement performance in a variety of physical activities.**

1. Identify and describe the critical elements of a basic water rescue. PE.912.C.2.1
2. Apply terminology and etiquette in dance. PE.912.C.2.2
3. Analyze the movement performance of self and others. PE.912.C.2.3
4. Choreograph complex dance sequences individually, with a partner or in a small group. PE.912.C.2.4
5. Analyze the relationship between music and dance. PE.912.C.2.5
6. Compare and contrast the health-related benefits of various physical activities. PE.912.C.2.6
7. Evaluate the effectiveness of specific warm-up and cool-down activities. PE.912.C.2.7

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8. Differentiate between the three different types of heat illnesses associated with fluid loss. PE.912.C.2.8
9. Explain the precautions to be taken when exercising in extreme weather and/or environmental PE.912.C.2.9
10. Analyze long-term benefits of regularly participating in physical activity. PE.912.C.2.10
11. Explain how each of the health-related components of fitness are improved through the application of training principles. PE.912.C.2.11
12. Compare and contrast aerobic versus anaerobic activities. PE.912.C.2.12
13. Document food intake, calories consumed and energy expended through physical activity and analyze the results. PE.912.C.2.13
14. Compare and contrast the skill-related components of fitness used in various physical activities. PE.912.C.2.14
15. Calculate individual target heart-rate zone and analyze how to adjust intensity level to stay within the desired range. PE.912.C.2.15
16. Explain the methods of monitoring levels of intensity during aerobic activity. PE.912.C.2.16
17. Assess physiological effects of exercise during and after physical activity. PE.912.C.2.17
18. Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs. PE.912.C.2.18
19. Choreograph complex sequences individually, with a partner or in a small group. PE.912.C.2.19
20. Identify appropriate methods to resolve physical conflict. PE.912.C.2.20
21. Diagram, explain and justify the use of advanced offensive, defensive and transition strategies and tactics. PE.912.C.2.21
22. Explain the skill-related components of fitness and how they enhance performance levels. PE.912.C.2.22
23. Apply appropriate technology and analyze data to evaluate, monitor and/or improve performance. PE.912.C.2.23
24. Analyze the mechanical principles as they apply to specific course activities. PE.912.C.2.24
25. Analyze and evaluate the risks, safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.25
26. Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors. PE.912.C.2.26
27. Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities. PE.912.C.2.27

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8. Interpret and apply the rules associated with specific course activities. PE.912.C.2.28

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Independent

a. Identify the critical elements of a basic water rescue. PE.912.C.2.IN.A

b. Identify and use terminology and etiquette in dance. PE.912.C.2.IN.B

c. Examine the movement performance of self and others. PE.912.C.2.IN.C

d. Design dance sequences individually, with a partner or in a small group. PE.912.C.2.IN.D

e. Describe the relationship between music and dance. PE.912.C.2.IN.E

f. Describe the health-related benefits of various physical activities. PE.912.C.2.IN.F

g. Examine the effectiveness of specific warm-up and cool-down activities. PE.912.C.2.IN.G

h. Identify the three stages (types) of heat illnesses and the symptoms associated with fluid loss, such as heat cramps, heat exhaustion and heat stroke. PE.912.C.2.IN.H

i. Describe the precautions to be taken when exercising in extreme weather and environmental conditions. PE.912.C.2.IN.I

j. Describe long-term benefits of regularly participating in physical activity. PE.912.C.2.IN.J

k. Describe how each of the health-related components of fitness, such as physical conditioning, flexibility, cardio-respiratory endurance and body composition, are improved through the application of training principles. PE.912.C.2.IN.K

l. Describe the differences between aerobic and anaerobic activities. PE.912.C.2.IN.L

m. Document food intake, calories consumed and energy expended through physical activity and examine the results. PE.912.C.2.IN.M

n. Identify differences in the skill-related components of fitness, such as speed, coordination, balance, power, agility and reaction time in various physical activities. PE.912.C.2.IN.N

o. Identify individual target heart rate and how to adjust intensity level to stay within the desired range. PE.912.C.2.IN.O

p. Describe methods of monitoring levels of intensity during aerobic activity, such as a talk test, rate of perceived exertion and heart rate/pulse. PE.912.C.2.IN.P

q. Examine physiological effects of exercise, such as breathing, resting heart rate and blood pressure, during and after physical activity. PE.912.C.2.IN.Q

r. Categorize information as true or false as it relates to consumer physical fitness products and programs, such as weight-loss pills, food labels and exercise equipment. PE.912.C.2.IN.R

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s. Design gymnastic sequences individually, with a partner or with a small group. PE.912.C.2.IN.S

t. Identify various appropriate methods to resolve physical conflict. PE.912.C.2.IN.T

u. Diagram and explain offensive, defensive and transition strategies. PE.912.C.2.IN.U

v. Describe the skill-related components of fitness such as balance, reaction time, agility, coordination, power and speed, and how they enhance performance levels. PE.912.C.2.IN.V

w. Use appropriate technology to assess, monitor and improve performance. PE.912.C.2.IN.W

x. Examine the mechanical principles, such as balance, force or leverage, as they apply to specific course activities. PE.912.C.2.IN.X

y. Describe the safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.IN.Y

z. Analyze skill patterns of self and partner to detect and correct mechanical errors. PE.912.C.2.IN.Z

aa. Examine how movement skills from one physical activity can be transferred and used in other physical activities. PE.912.C.2.IN.AA

ab. Describe and use the rules associated with specific course activities. PE.912.C.2.IN.AB

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Supported

a. Recognize the critical elements of a basic water rescue. PE.912.C.2.SU.A

b. Recognize and use basic terminology and etiquette in dance. PE.912.C.2.SU.B

c. Identify the movement performance of self and others. PE.912.C.2.SU.C

d. Create basic dance sequences individually, with a partner or in a small group. PE.912.C.2.SU.D

e. Recognize a relationship between music and dance. PE.912.C.2.SU.E

f. Identify the health-related benefits of various physical activities. PE.912.C.2.SU.F

g. Identify the effectiveness of specific warm-up and cool-down activities. PE.912.C.2.SU.G

h. Identify symptoms of heat illnesses associated with fluid loss, such as heat cramps, heat exhaustion and heat stroke. PE.912.C.2.SU.H

i. Identify precautions to be taken when exercising in a variety of weather conditions or environmental conditions. PE.912.C.2.SU.I

j. Identify long-term benefits of regularly participating in physical activity. PE.912.C.2.SU.J

k. Identify how health-related components of fitness, such as physical conditioning, flexibility, cardio-respiratory endurance and body composition are improved through the application of training principles. PE.912.C.2.SU.K

l. Identify the differences between aerobic and anaerobic activities. PE.912.C.2.SU.L

m. Document food intake and physical activity and identify the results. PE.912.C.2.SU.M

n. Recognize differences in the skill-related components of fitness, such as speed, coordination, balance, power, agility and reaction time in various physical activities. PE.912.C.2.SU.N

o. Recognize individual target heart rate and how to adjust intensity level to stay within the desired range. PE.912.C.2.SU.O

p. Identify methods of monitoring levels of intensity during aerobic activity, such as a talk test, rate of perceived exertion and heart rate/pulse. PE.912.C.2.SU.P

q. Identify physiological effects of exercise, such as breathing, resting heart rate and blood pressure, during and after physical activity. PE.912.C.2.SU.Q

r. Identify information as true or false as it relates to consumer physical fitness products and programs, such as weight-loss pills, food labels and exercise equipment. PE.912.C.2.SU.R

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s. Create gymnastics sequences individually, with a partner or with a small group. PE.912.C.2.SU.S

t. Recognize appropriate methods to resolve physical conflict. PE.912.C.2.SU.T

u. Identify the difference between basic offensive, defensive and transition strategies. PE.912.C.2.SU.U

v. Identify the skill-related components of fitness that enhance performance, such as balance, reaction time, agility, coordination, power and speed. PE.912.C.2.SU.V

w. Use appropriate technology to monitor and improve performance. PE.912.C.2.SU.W

x. Identify selected mechanical principles, such as balance, force or leverage, as they apply to specific course activities. PE.912.C.2.SU.X

y. Identify the safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.SU.Y

z. Identify skill patterns of both self and partner to detect and correct mechanical errors. PE.912.C.2.SU.Z

aa. Identify how movement skills from one physical activity can be transferred and used in other physical activities. PE.912.C.2.SU.AA

ab. Identify and use the rules associated with specific course activities. PE.912.C.2.SU.AB

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Participatory

a. Recognize a basic water rescue. PE.912.C.2.PA.A

b. Recognize basic terminology and use basic etiquette in dance. PE.912.C.2.PA.B

c. Recognize the movement performance of self or others. PE.912.C.2.PA.C

d. Combine basic dance sequences individually, with a partner or in a small group. PE.912.C.2.PA.D

e. Associate tempo or rhythm with dance movements. PE.912.C.2.PA.E

f. Recognize the health-related benefits of various physical activities. PE.912.C.2.PA.F

g. Recognize the effect of a specific warm-up or cool-down activity. PE.912.C.2.PA.G

h. Recognize a symptom of heat illnesses associated with fluid loss, such as heat cramps, heat exhaustion or heat stroke. PE.912.C.2.PA.H

i. Recognize a precaution to be taken when exercising in selected environmental conditions. PE.912.C.2.PA.I

j. Recognize a long-term benefit of regularly participating in physical activity. PE.912.C.2.PA.J

k. Recognize that exercise and training improves health-related fitness. PE.912.C.2.PA.K

l. Recognize selected aerobic and anaerobic activities. PE.912.C.2.PA.L

m. Document food intake and physical activity and recognize results. PE.912.C.2.PA.M

n. Recognize more than one skill-related components of fitness, such as speed, coordination, balance, power, agility or reaction time in various physical activities. PE.912.C.2.PA.N

o. Recognize the relationship between intensity level of physical activity and heart rate. PE.912.C.2.PA.O

p. Recognize selected methods of monitoring levels of intensity during aerobic activity, such as a talk test and heart rate/pulse. PE.912.C.2.PA.P

q. Recognize a physiological effect of exercise, such as breathing or resting heart rate, during and after physical activity. PE.912.C.2.PA.Q

r. Recognize information as it relates to a selected consumer physical fitness product, such as weight-loss pills, food labels or exercise equipment. PE.912.C.2.PA.R

s. Combine basic gymnastic sequences individually, with a partner or with a small group. PE.912.C.2.PA.S

t. Recognize an appropriate method to resolve physical conflict. PE.912.C.2.PA.T

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u. Recognize the difference between a basic offensive, defensive or transition strategy. PE.912.C.2.PA.U

v. Recognize a skill-related component of fitness that enhances performance, such as balance, reaction time, agility, coordination, power or speed. PE.912.C.2.PA.V

w. Use a selected technology to monitor or improve performance. PE.912.C.2.PA.W

x. Recognize a mechanical principle, such as balance, force or leverage, as it applies to specific course activities. PE.912.C.2.PA.X

y. Recognize the safety procedures, rules and equipment associated with specific course activities. PE.912.C.2.PA.Y

z. Recognize skill patterns of self to correct mechanical errors. PE.912.C.2.PA.Z

aa. Recognize that movement skills from one physical activity can be used in other physical activities. PE.912.C.2.PA.AA

ab. Recognize and use rules associated with specific course activities. PE.912.C.2.PA.AB

Lifetime Fitness

3 Participate regularly in physical activity.

1. Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week. PE.912.L.3.1
2. Participate in a variety of activities that promote the health-related components of fitness. PE.912.L.3.2
3. Identify a variety of activities that promote effective stress management. PE.912.L.3.3
4. Identify the in-school opportunities for participation in a variety of physical activities. PE.912.L.3.4
5. Identify the community opportunities for participation in a variety of physical activities. PE.912.L.3.5
6. Identify risks and safety factors that may affect physical activity throughout life. PE.912.L.3.6

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity beyond physical education on five or more days of the week. PE.912.L.3.IN.A

b. Participate in a variety of basic activities that promote cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition. PE.912.L.3.IN.B

c. Recognize a variety of basic activities that promote effective stress management. PE.912.L.3.IN.C

d. Recognize the in-school opportunities for participation in a variety of physical activities. PE.912.L.3.IN.D

e. Recognize community opportunities for participation in a variety of physical activities. PE.912.L.3.IN.E

f. Recognize risk and safety factors that can affect physical activity throughout life. PE.912.L.3.IN.F

Supported

a. Participate in a variety of moderate to vigorous physical activities beyond physical education five or more days of the week. PE.912.L.3.SU.A

b. Participate in a variety of selected basic activities that promote cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition. PE.912.L.3.SU.B

c. Recognize a variety of selected basic activities that promote effective stress management. PE.912.L.3.SU.C

d. Recognize selected in-school opportunities for participation in physical activities. PE.912.L.3.SU.D

e. Recognize selected community opportunities for participation in a variety of physical activities. PE.912.L.3.SU.E

f. Recognize risk and safety factors that can affect physical activity for many years. PE.912.L.3.SU.F

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Participatory

a. Participate in a variety of moderate to vigorous modified physical activities beyond physical education five or more days of the week. PE.912.L.3.PA.A

b. Participate in a variety of selected modified activities that promote cardio-respiratory fitness, muscular strength and endurance, flexibility and body composition. PE.912.L.3.PA.B

c. Recognize a variety of selected modified activities that promote effective stress management. PE.912.L.3.PA.C

d. Recognize an in school opportunity for participation in physical activity. PE.912.L.3.PA.D

e. Recognize a selected community opportunity for participation in physical activity. PE.912.L.3.PA.E

f. Recognize a risk and a safety factor that can affect physical activity. PE.912.L.3.PA.F

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4 **Develop and implement a personal fitness program to achieve and maintain a health-enhancing level of fitness.**

1. Design a personal fitness program. PE.912.L.4.1
2. Identify ways to self-assess and modify a personal fitness program. PE.912.L.4.2
3. Identify strategies for setting goals when developing a personal fitness program. PE.912.L.4.3
4. Use available technology to assess, design and evaluate a personal fitness program. PE.912.L.4.4
5. Apply the principles of training to personal fitness goals. PE.912.L.4.5
6. Identify health-related problems associated with low levels of cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition. PE.912.L.4.6
7. Evaluate how to make changes in an individual wellness plan as lifestyle changes occur. PE.912.L.4.7

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Design a personal fitness program that includes current fitness level. PE.912.L.4.IN.A

b. Recognize ways to self-assess and modify a personal fitness program. PE.912.L.4.IN.B

c. Select goals, identify strategies and create a timeline for a personal physical-activity plan. PE.912.L.4.IN.C

d. Use a variety of resources, including available technology, to design and assess a personal fitness program. PE.912.L.4.IN.D

e. Use the principles of training (overload, specificity and progression) in accordance with personal fitness goals. PE.912.L.4.IN.E

f. Examine health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. PE.912.L.4.IN.F

g. Examine how to make changes in an individual wellness plan as lifestyle changes occur. PE.912.L.4.IN.G

Supported

a. Recognize timelines and current fitness level in a personal fitness program. PE.912.L.4.SU.A

b. Recognize ways to self-assess a personal fitness program. PE.912.L.4.SU.B

c. Select goals, recognize strategies and create a timeline for a personal physical-activity plan. PE.912.L.4.SU.C

d. Use a variety of resources, including available technology, to assess a personal fitness program. PE.912.L.4.SU.D

e. Use selected principles of training (overload, specificity and progression) in accordance with personal fitness goals. PE.912.L.4.SU.E

f. Identify health-related problems associated with low levels of cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition. PE.912.L.4.SU.F

g. Identify how to make changes in an individual wellness plan as lifestyle changes occur. PE.912.L.4.SU.G

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Participatory

a. Actively participate in modifying a personal fitness program in collaboration with a teacher. PE.912.L.4.PA.A

b. Recognize a self-assessment for a personal fitness program. PE.912.L.4.PA.B

c. Select a goal and timeline for a personal physical-activity plan. PE.912.L.4.PA.C

d. Use resources, including available technology, to recognize the effect of a personal fitness program. PE.912.L.4.PA.D

e. Use a selected principle of training (overload, specificity or progression) in accordance with personal fitness goals. PE.912.L.4.PA.E

f. Recognize health-related problems associated with low levels of physical activity. PE.912.L.4.PA.F

g. Recognize changes in an individual wellness plan as lifestyle changes occur. PE.912.L.4.PA.G

Responsible Behaviors and Values

5 Exhibit responsible personal and social behavior that respects self and others in physicalactivity settings.

1. Describe ways to act independently of peer pressure during physical activities. PE.912.R.5.1
2. Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities. PE.912.R.5.2
3. Demonstrate sportsmanship during game situations. PE.912.R.5.3
4. Maintain appropriate personal, social and ethical behavior while participating in a variety of physical activities. PE.912.R.5.4
5. Demonstrate appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.912.R.5.5

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Access Point for Students with Significant Cognitive Disabilities

Independent

a. Identify ways to act independently of peer pressure in selected physical activities. PE.912.R.5.IN.A

b. Identify strategies for including persons of diverse backgrounds and abilities in a variety of physical activities. PE.912.R.5.IN.B

c. Use responsible behaviors during physical activities, such as controlling emotions, resolving conflicts, respecting opponents and officials and accepting both victory and defeat. PE.912.R.5.IN.C

d. Use appropriate personal, social and ethical behavior while participating in a variety of physical activities. PE.912.R.5.IN.D

e. Identify appropriate etiquette, care of equipment, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.912.R.5.IN.E

Supported

a. Recognize ways to act independently of peer pressure in a selected physical activity. PE.912.R.5.SU.A

b. Recognize strategies for including persons of diverse backgrounds and abilities in a variety of physical activities. PE.912.R.5.SU.B

c. Use responsible behaviors during selected physical activities, such as controlling emotions, respecting opponents and officials and accepting both victory and defeat. PE.912.R.5.SU.C

d. Use appropriate personal and ethical behavior while participating in a variety of physical activities. PE.912.R.5.SU.D

e. Use appropriate etiquette, respect for facilities and safe behaviors while participating in a variety of physical activities. PE.912.R.5.SU.E

Participatory

a. Select an appropriate behavior choice in a selected situation. PE.912.R.5.PA.A

b. Participate cooperatively with persons of diverse backgrounds and abilities in a variety of physical activities. PE.912.R.5.PA.B

c. Use selected responsible behaviors during selected physical activities, such as controlling emotions and respecting opponents and officials. PE.912.R.5.PA.C

d. Use appropriate personal behavior while participating in a variety of physical activities. PE.912.R.5.PA.D

e. Use appropriate etiquette and safe behaviors while participating in a variety of physical activities. PE.912.R.5.PA.E

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'alue physical activity for health, enjoyment, challenge, self-expression and/or ocial interaction.

1. Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.912.R.6.1
2. Analyze physical activities from which benefits can be derived. PE.912.R.6.2
3. Analyze the roles of games, sports and/or physical activities in other cultures. PE.912.R.6.3

    Access Point for Students with Significant Cognitive Disabilities

    Independent

    a. Identify a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.912.R.6.IN.A
    b. Describe physical activities from which physical, mental, emotional and social benefits can be derived. PE.912.R.6.IN.B
    c. Describe the role of games, sports or physical activities in other cultures. PE.912.R.6.IN.C

    Supported

    a. Recognize selected physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle. PE.912.R.6.SU.A
    b. Identify from which physical, mental, emotional and social benefits can be derived. PE.912.R.6.SU.B
    c. Identify the role of games, sports or physical activities in other cultures. PE.912.R.6.SU.C

    Participatory

    a. Associate opportunity to participate in physical activity outside of the school setting with personal enjoyment or the maintenance of a healthy lifestyle. PE.912.R.6.PA.A
    b. Associate physical activities with selected benefits, such as physical, mental, emotional or social. PE.912.R.6.PA.B
    c. Recognize a benefit of games, sports or physical activities in other cultures. PE.912.R.6.PA.C