Hawaii Physical Education

Grades 9, 10, 11, 12

Adopted 2005

Movement Forms — Use motor skills and movement patterns to perform a variety of physical activities

Modified/Lead-Up Games and Activites

1. Use combinations of specialized movement forms in a variety of activities, such as net and invasion games, field and target games, aquatics, dance, exercise, and gymnastics PE.9-12.1.1

Cognitive Concepts — Understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities

Safety and Play Etiquette

3. Assess the importance of rules and procedures for safe and fair play during physical activities PE.9-12.2.3

Fundamental Skills

1. Apply concepts, principles, tactics, and strategies to acquire, assess, and improve movement skills PE.9-12.2.1

Team Sports

2. Evaluate tactics and strategies for modified and traditional activities PE.9-12.2.2

Active Lifestyle — Participate regularly in physical activity

Individual, Dual, and Lifetime Activities

1. Participate in a variety of physical activities of personal interest to maintain an active lifestyle PE.9-12.3.1
2. Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so PE.9-12.3.2

Physical Fitness — Know ways to achieve and maintain a health-enhancing level of physical fitness

Fitness and Conditioning-Related Activities

1. Set goals to improve personal fitness level based on various sources of information PE.9-12.4.1
2. Assess the benefits of participation in selected physical activities on the components of health-related physical fitness PE.9-12.4.2