

High School: PE I & PE II

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. [HSL1.1](#)

1 Outdoor Pursuits, Individual, Partner/Team Sports [HSL1.1.1](#)

- A** Demonstrates competency in activity-specific movement skill in two or more physical activities from: outdoor pursuits, fitness activities, individual-performance activities, dance and rhythmic activities, games, sports, recreation, or aquatics. [HSL1.1.1.A](#)

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. [HSL1.2](#)

1 Outdoor Pursuits, Individual, Partner/Team Sports [HSL1.2.1](#)

- A** The physically literate individual applies knowledge of concepts, principles, strategies, terminology, and tactics related to movement and performance. [HSL1.2.1.A](#)

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. [HSL1.3](#)

1 Health-Related Fitness [HSL1.3.1](#)

- A** Demonstrates the knowledge of the components of physical fitness to achieve and maintain a health-enhancing level of physical activity. [HSL1.3.1.A](#)

2 Physical Activity Knowledge [HSL1.3.2](#)

- A** Investigates activities that can be pursued in the local environment (such as health clubs, recreational leagues, indoor/outdoor trails, community centers). [HSL1.3.2.A](#)
- B** Identifies issues associated with exercising in various types of weather conditions (such as heat, humidity, cold). [HSL1.3.2.B](#)

3 Engagement in Physical Activity [HSL1.3.3](#)

- A** Participates regularly in physical activity. [HSL1.3.3.A](#)

4 Physical Activity and Nutrition Planning [HSL1.3.4](#)

- A** Understands the relationship between caloric intake, physical activity, and body composition. [HSL1.3.4.A](#)

5 Individual Plan [HSL1.3.5](#)

- A** Designs and implements a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement). [HSL1.3.5.A](#)

6 Stress Management HSL1.3.6

- A** Identifies stress-management strategies, such as mental imagery, relaxation techniques, deep breathing, aerobic exercise, and meditation to reduce stress. HSL1.3.6.A
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The physically literate individual exhibits responsible personal and social behavior that respects self and others. HSL1.4

1 Personal Responsibility HSL1.4.1

- A** Employs effective self-management skills to review time commitments (among individual student's curricular/extracurricular agenda) to identify barriers and modify physical activity and exercise patterns accordingly. HSL1.4.1.A
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2 Rules and Etiquette HSL1.4.2

- A** Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity. HSL1.4.2.A
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3 Working with Others HSL1.4.3

- A** Solves problems and thinks critically when working with others during physical activity, both as an individual and in groups. HSL1.4.3.A
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4 Safety HSL1.4.4

- A** Both demonstrates and applies best practices for participating safely in physical activity and exercise (such as injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). HSL1.4.4.A
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The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. HSL1.5

1 Benefits HSL1.5.1

- A** Explains physical health benefits of attaining or exceeding the daily recommended 60 minutes of moderate to vigorous physical activity. HSL1.5.1.A
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2 Expression HSL1.5.2

- A** Participates in a self-selected physical activity for self-expression and enjoyment. HSL1.5.2.A
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