Kansas Physical Education

High School Level 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. 1

A Locomotor 1A

If the learner did not attain the outcomes by Grade 8, they should be the focus in the required HS program.

B Non-locomotor (stability) 1B

If the learner did not attain the outcomes by Grade 5, they should be the focus in the required HS program.

C Manipulatives 1C

If the learner did not attain the outcomes by Grade 8, they should be the focus in the required HS program.

D Offensive and Defensive Skills 1D

1 Selects and uses appropriate offensive and defensive skills in a variety of individual, dual and team activities. 1D.HS1.L1

E Dance and Rhythms 1E

1 Performs intermediate or advanced dances appropriate for social settings (i.e. weddings or community gatherings). 1E.HS1.L1

F Lifetime Activities 1F

1 Demonstrates ability in one or more lifetime activities (e.g. individual/dual sports, outdoor sports, swimming, self-defense, etc.). 1F.HS1.L1

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. 2

A Movement concepts, principles and knowledge 2A

1 Uses performance terminology accurately (e.g. “balance,” “follow through,” “eye on the ball,” etc.) for a variety of activities. 2A.HS1.L1

2 Designs a conditioning program for a self-selected game/activity to engage in for life. 2A.HS2.L1

3 Explains the impact of participation in selected sports and activities on various components of fitness. 2A.HS3.L1

B Strategies and Tactics 2B

1 Identifies principles used to improve skill performance (force, motion, rotation, speed, accuracy). 2B.HS1.L1

! Explains accurately the steps for performing basic motor skills. 2B.HS2.L1

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3 Transfers tactical knowledge from one sport to a similar sport. 2B.HS3.L1

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

A Physical Activity Knowledge 3A

1 Describes the relationship between physical activity, nutrition and body composition. 3A.HS1.L1

2 Appraises health risk factors associated with a sedentary lifestyle. 3A.HS2.L1

B Fitness Knowledge 3B

1 Utilizes technology to monitor heart rate and maintain target heart zone. 3B.HS1.L1

2 Explains principles for performing strength training exercises safely and effectively. 3B.HS2.L1

3 Compares and selects appropriate stretching methods (dynamic or static). 3B.HS3.L1

4 Describes basic training principles (e.g. overload, specificity, progression, diminishing return, rest, and recovery, etc.) and how they improve fitness. 3B.HS4.L1

C Assessment and Program Planning 3C

1 Sets realistic short-term and long-term goals for all five healthrelated fitness components. 3C.HS1.L1

2 Uses training principles to design a personal workout. 3C.HS2.L1

3 Implements a personal fitness plan that includes assessment scores, goals for improvement, plan for improvement, activity log, and timelines. 3C.HS3.L1

D Nutrition 3D

1 Creates a nutrition plan based on individual caloric needs for one week that includes meals, snacks, and hydration needs. 3D.HS1.L1

E Stress Management 3E

1 Selects appropriate stress management methods in response to hypothetical stressful scenarios. 3E.HS1.L1

The physically literate individual exhibits responsible personal and social behavior that respects self and others. 4

A Demonstrating Personal Responsibility 4A

1 Exhibits a positive self-image regarding their physical skills and fitness. 4A.HS1.L1

B Accepting/Providing Feedback 4B

1 Provides feedback to promote team or group dynamics. 4B.HS1.L1

C Working with Others 4C

1 Seeks to include diverse peers in group activities. 4C.HS1.L1

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D Following Rules and Etiquette 4D

1 Displays moral and ethical conduct in specific competitive situations. 4D.HS1.L1

E Safety 4E

1 Prevents injury to self and others by utilizing appropriate safety measures in preparation for activity (e.g. warmup, proper clothing, hydration, etc.). 4E.HS1.L1

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. 5

A Health 5A

1 Selects and participates in physical activities that will enhance a healthy lifestyle. 5A.HS1.L1

B Challenge 5B

1 Expresses feelings of success and confidence from participation in challenging physical activities. 5B.HS1.L1

C Self-expression and Enjoyment 5C

1 Recognizes that enjoyment of certain activities will shift as physical abilities and preferences change over time. 5C.HS1.L1

D Social Interaction 5D

1 Selects and participates in physical activities for the purpose of social interaction. 5D.HS1.L1