

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}

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

B Strategies and Tactics 2B

- 1 Identifies principles used to improve skill performance (force, motion, rotation, speed, accuracy). 2B.HS1.L1
- 2 Explains accurately the steps for performing basic motor skills. 2B.HS2.L1
- 3 Transfers tactical knowledge from one sport to a similar sport. 2B.HS3.L1

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

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
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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