Kansas Physical Education

High School Level 2

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 elective 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 elective HS program.

C Manipulatives 1C

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

D Offensive and Defensive Skills 1D

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

E Dance and Rhythms 1E

1 Exhibits competency in one or more forms of theatre dance (i.e. ballet, modern, tap, jazz, hip hop, ethnic). 1E.HS1.L2

2 Choreographs and presents an original theatre dance piece (solo or group). 1E.HS2.L2

F Lifetime Activities 1F

1 Exhibits proficiency in two or more lifetime activities. 1F.HS1.L2

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 Explains the historical and cultural roles that games, sports, and dance play in society. 2A.HS1.L2

2 Analyzes biomechanical principles related to performing motor skills. 2A.HS2.L2

B Strategies and Tactics 2B

1 Applies offensive or defensive tactics and strategies to move or block opponent. 2B.HS1.L2

2 Designs a practice plan for improving skills and game play. 2B.HS2.L2

Th Skip to main content **hysical Activity Knowledge** 3A

individual demonstrates

the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

1 Identifies benefits of a physically active lifestyle and its relationship to educational and professional success. 3A.HS1.L2

2 Evaluates barriers that prevent participation in lifetime physical activity and creates solutions to overcome these barriers. 3A.HS2.L2

B Fitness Knowledge 3B

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

C Assessment and Program Planning 3C

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

D Nutrition 3D

1 Compares and contrasts a nutrition plan for an active lifestyle and a sedentary lifestyle. 3D.HS1.L2

E Stress Management 3E

1 Is proactive in planning management strategies before stressful situations occur. 3E.HS1.L2

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

A Demonstrating Personal Responsibility 4A

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2

B Accepting/Providing Feedback 4B

1 Uses communication skills and strategies to share feedback in a leadership role (e.g. group leader, referee, coach, etc.). 4B.HS1.L2

C Working with Others 4C

1 Thinks critically and leads group members in implementing conflict resolution strategies. 4C.HS1.L2

D Following Rules and Etiquette 4D

1 Encourages teammates to exhibit proper etiquette and respect for opponents during game play. 4D.HS1.L2

E Safety

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

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

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A Health 5A

1 Explains how physical activity can add value to both physical and emotional health. 5A.HS1.L2

B Challenge 5B

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

C Self-expression and Enjoyment 5C

If the learner did not attain the outcome in Level 1, it should be a focus in Level 2.

D Social Interaction 5D

1 Seeks physical activity opportunities for social interaction outside of school. 5D.HS1.L2