

Grades 9-12

Develops a variety of motor skills: Through learning experiences in physical education, the student develops motor skills across a variety of environments. Motor skills are a foundational part of child development and support the movements of everyday life. The development of motor skills contributes to an individual's physical literacy journey [1](#)

- 1 Demonstrates activity-specific movement skills in a variety of lifetime sports and activities.** [1.12.1](#)
- 2 Demonstrates activity-specific movement skills in a variety of recreational and backyard games.** [1.12.2](#)
- 3 Demonstrates activity-specific movement skills in a variety of outdoor pursuits.** [1.12.3](#)
- 4 Demonstrates and creates movement sequences based on one or more forms of dance.** [1.12.4](#)
- 5 Demonstrates appropriate technique in cardiovascular training.** [1.12.5](#)
- 6 Demonstrates appropriate technique in muscular strength and endurance training.** [1.12.6](#)
- 7 Demonstrates appropriate technique in flexibility training.** [1.12.7](#)
- 8 Demonstrates appropriate technique in skill-related fitness training.** [1.12.8](#)
- 9 Demonstrates water safety and basic swimming skills on dryland or in water.** [1.12.9](#)

Applies knowledge related to movement and fitness concepts: Through learning experiences in physical education, the student uses their knowledge of movement concepts, tactics and strategies across a variety of environments. This knowledge helps the student become a more versatile and efficient mover. Additionally, the student applies knowledge of health-related and skill-related

- 1 Demonstrates knowledge of tactics and strategies within lifetime sports and activities, recreational and backyard games, and outdoor pursuits.** [2.12.1](#)
- 2 Applies knowledge of movement sequences to create or participate in one or more forms of dance.** [2.12.2](#)
- 3 Analyzes how health and fitness will impact quality of life after high school.** [2.12.3](#)
- 4 Establishes a goal and creates a practice plan to improve performance for a self-selected skill.** [2.12.4](#)
- 5 Applies the principles of exercise in a variety of self-selected lifetime physical activities.** [2.12.5](#)

fitness to enhance their overall well-being. The application of knowledge related to various forms of movement contributes to an individual's physical literacy journey. 2

- 6 Designs and implements a plan that applies knowledge of cardiorespiratory endurance, muscular strength and endurance and flexibility training exercises. 2.12.6
- 7 Evaluates rate of perceived exertion (RPE) during physical activity and adjusts effort. 2.12.7
- 8 Applies heart rate concepts to ensure safety and maximize health-related fitness outcomes. 2.12.8
- 9 Discusses the benefits of a physically active lifestyle as it relates to young adulthood. 2.12.9
- 10 Applies knowledge of rest when planning regular physical activity. 2.12.10
- 11 Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g., overhand throw, back squat, archery). 2.12.11
- 12 Identifies and discusses the historical and cultural roles of games, sports and dance in a society. 2.12.12
- 13 Analyzes and applies technology as tools to support a healthy, active lifestyle. 2.12.13
- 14 Identifies snacks and food choices that help and hinder performance, recovery and enjoyment during physical activity. 2.12.14
- 15 Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills. 2.12.15

Develops social skills through movement: Through learning experiences in physical education, students develop the social skills necessary to exhibit empathy and respect for others and foster and maintain relationships. In addition, students develop skills for communication, leadership, cultural awareness and conflict resolution in a variety of physical activity settings. 3

- 1 Demonstrates awareness of other people's emotions and perspectives in a physical activity setting. 3.12.1
- 2 Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity. 3.12.2
- 3 Encourages and supports others through their interactions in a physical activity setting. 3.12.3
- 4 Implements constructive feedback to improve performance without prompting from the teacher. 3.12.4
- 5 Provides constructive input to others without prompting from the teacher. 3.12.5
- 6 Analyzes the significance of a specific physical activity and its impact on community, tradition and identity across multiple cultures (e.g. geographic, economic, social factors). 3.12.6

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- 7 Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection). 3.12.7**
 - 8 Thinks critically and solves problems in physical activity settings, both as an individual and in groups. 3.12.8**
 - 9 Evaluates the effectiveness of leadership skills when participating in a variety of physical activity settings. 3.12.9**
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Develops personal skills, identifies personal benefits of movement and chooses to engage in physical activity: Through learning experiences in physical education, the student develops an understanding of how movement is personally beneficial and subsequently chooses to participate in physical activities that are personally meaningful (e.g., activities that offer social interaction, cultural connection, exploration, choice, self-expression, appropriate levels of challenge and added health benefits). The student develops personal skills including goal setting, identifying strengths and reflection to enhance their physical literacy journey. 4

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- 1 Selects and participates in physical activities (e.g., dance, yoga, aerobics) that meet the need for self-expression. 4.12.1**
 - 2 Selects and participates in physical activities that meet the need for social interaction. 4.12.2**
 - 3 Identifies and participates in physical activity that positively affects health. 4.12.3**
 - 4 Chooses and participates in physical activity based on personal interests. 4.12.4**
 - 5 Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging. 4.12.5**
 - 6 Sets and develops movement goals related to personal interests. 4.12.6**
 - 7 Analyzes factors on regular participation in physical activity after high school (e.g., life choices, economics, motivation, accessibility). 4.12.7**
 - 8 Analyzes and applies self-selected techniques to manage one's emotions in a physical activity setting. 4.12.8**
 - 9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. 4.12.9**
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