Louisiana Physical Education

High School Level 1

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

1 Games and Sports

HS1-1. Demonstrate competency in movement forms (throwing, catching, dribbling, volleying, etc.) and manipulative skills (striking with an implement) in at least one team and one individual sports, respectively (invasion, net/wall, field/striking, target, track and field, etc.) `1.HS1-1`

2 Lifetime Activity Pursuits

HS1-2. Demonstrate competency in activity- specific skills in at least one non-traditional physical activity (yoga, aquatics, rock climbing, geocaching, disc golf, dancing, fishing, camping, canoeing, archery, etc.) `1.HS1-2`

3 Health- Related Fitness

HS1-3. Demonstrate competency in movement skills in at least one physical activity (yoga, jogging/running, weight training, etc.) that helps improve health-related fitness `1.HS1-3`

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

1 Games and Sports

HS1-1. Describe principles and tactics (offense, defense, etc.) to participate successfully in at least one team and one individual sport, respectively (invasion, net/wall, field/striking, target, track and field, etc.) `2.HS1-1`

2 Lifetime Activity Pursuits

HS1-2. Describe and implement core concepts and principles to participate successfully in at least one non- traditional activity (yoga, aquatics, rock climbing, geocaching, disc golf, dancing, fishing, camping, canoeing, archery, etc.) `2.HS1-2`

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

1 Fitness in Games and Sports

HS1-1. Identify different health-related fitness principles needed for gameplay in at least one team and one individual sport, respectively (invasion, net/wall, field/striking, target, track and field, etc.) `3.HS1-1`

2 Individual Health-Related Fitness

HS1-2. Analyze current physical fitness levels and develop goals to improve or maintain a physically healthy lifestyle `3.HS1-2`

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ifetime Activity Pursuits

HS1-3. Evaluate safety and risks of lifetime activities one could pursue for fitness throughout the lifespan 3.HS1-3

4 Physical Activity and Fitness in the Community

HS1-4. Identify physical activities and facilities in the community that one can pursue to meet fitness goals 3.HS1-4

5 Fitness Planning

HS1-5. Using fitness assessment scores, health-related fitness principles, FITT principle, and basic training principles, design and implement a personal fitness plan to maintain or improve ones' personal fitness 3.HS1-5

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

1 Personal Responsibility

HS1-1. Identifies benefits and barriers of activities and modifies activity patterns as needed 4.HS1-1

2 Social Responsibility

1. Demonstrate skills such as communication, problem solving, and critical thinking while working with others in a physical activity setting 4.HS1-2.1
2. Accepts others' values, ideas, skill level, body type, and cultural diversity while engaging with others in the physical activity setting 4.HS1-2.2

3 Safety and Etiquette

1. Apply safe practices that best fit the physical activity or exercise 4.HS1-3.1
2. Apply proper etiquette required for the environment of a specialized activity setting 4.HS1-3.2

The physically literate individual will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction

1 Health

HS1-1. Analyzes the value and benefits of a self-selected physical activity to ones' physical health 5.HS1-1

2 Challenge

1. Identify the challenges of learning a new activity 5.HS1-2.1
2. Choose an appropriate level of challenge to experience success in a physical activity 5.HS1-2.2

3 Self-expression and Enjoyment

HS1-3. Select an activity that meets the need for self- expression 5.HS1-3

4 Social Interaction

HS1-4. Identify the benefits of social groups and interactions while participating in physical activities 5.HS1-4