Louisiana Physical Education

High School Level 2

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

1 Games and Sports

HS2-1. Demonstrate competency in a different skill from Level 1 (throwing, catching, dribbling, volleying, etc.) and manipulative skills (striking with an implement) in at least one team and one individual sport, respectively (invasion, net/wall, field/striking, target, track and field, etc.) `1.HS2-1`

2 Lifetime Activity Pursuits

HS2-2. Demonstrate competency in a different activity-specific skills, in at least one non-traditional physical activity not demonstrated in Level 1 (yoga, aquatics, rock climbing, geocaching, disc golf, dancing, fishing, camping, canoeing, archery, etc.) `1.HS2-2`

3 Health- Related Fitness

HS2-3. Demonstrate competency in advanced movement skills, different from Level 1, in at least one physical activity (yoga, jogging/running, weight training, etc.) that helps maintain health- related fitness `1.HS2-3`

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

1 Games and Sports

HS2-1. Apply tactics and strategies (offence, defense, etc.) in at least one team and one individual sport, respectively (invasion, net/wall, field/striking, target, track and field, etc.) `2.HS2-1`

2 Lifetime Activity Pursuits

HS2-2. Analyze and evaluate performance of self and others for proper technique and efficiency in at least one non-traditional activity (yoga, aquatics, rock climbing, geocaching, dancing, fishing, camping, canoeing, archery, disc golf, etc.) `2.HS2-2`

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

HS2-1. Incorporate 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.HS2-1`

2 Individual Health-Related Fitness

'IS2-2. Evaluate the goals to improve or maintain a physical healthy lifestyle after graduating from high school `3.HS2-2`

Skip to main content

3 Lifetime Activity Pursuits

HS2-3. Evaluate barriers to pursuing lifetime activities through the lifespan and strategies to overcome them 3.HS2-3

4 Physical Activity and Fitness in the Community

HS2-4. Develop a physical fitness and/or health plan using community resources (facilities, programs, etc.) to maintain or improve one's fitness goals 3.HS2-4

5 Fitness Planning

HS2-5. Use fitness assessment scores (i.e. health-related fitness principles, FITT principle, and basic training principles), to revise personal fitness plan with the goal of maintaining a healthy and active lifestyle after graduation 3.HS2-5

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

1 Personal Responsibility

HS2-1. Demonstrates self-direction and management through records of in class and out of class physical activity choices 4.HS2-1

2 Social Responsibility

HS2-2. Identify ways to modify group activities or behaviors to accommodate for individuals with lesser or greater skills or special needs 4.HS2-2

3 Safety and Etiquette

1. Identify unsafe practices and offer appropriate alternatives 4.HS2-3.1
2. Examines moral and ethical conduct in cooperative and/or competitive situations 4.HS2-3.2

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

1 Health

HS2-1. Analyzes the value and benefits of a self-selected physical activity to ones' mental and emotional health 5.HS2-1

2 Challenge

HS2-2. Expresses the feelings associated with participating in physical activities that are optimally challenging 5.HS2-2

3 Self-expression and Enjoyment

HS2-3. Explain activities that would be enjoyable for lifetime physical activity pursuits 5.HS2-3

4 Social Interaction

HS2-4. Evaluate opportunities for social interaction and social support in self-selected physical activities 5.HS2-4