Maine Health and Physical Education

Physical Education: Grade 9-Diploma

Motor Skills and Movement Patterns: Physically literate students demonstrate competency in a variety of motor skills and movement patterns. PE.1

Movement and Rhythm

Level 1

1 Creates movement combinations in rhythmic activities with an emphasis on keeping to the beat. 1.1

Level 2

2 Performs movement combinations in rhythmic activities with an emphasis on keeping to the beat. 1.1

Game and Sport Skills

Level 1

1 Applies basic and/or advanced skills to participate proficiently in at least three individual, dual, or team games, sports or physical activities. 1.2

Level 2

2 Refines basic and/or advanced skills to participate proficiently in at least three individual, dual, or team games, sports or physical activities. 1.2

Lifetime Activities

Level 1

1 Demonstrates competency and/or refines activity-specific movement skills in a variety of lifetime activities. 1.3

Level 2

2 Refines activity-specific movement skills in a variety of lifetime activities. 1.3

Concepts and Strategies: Physically literate students apply knowledge of concepts, principles, strategies and tactics related to movement and pe

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Movement Concepts

Level 1

1 Applies complex movement concepts to refine learned skills and acquire new, advanced skills 2.1

Level 2

2 Integrates increasing complex, content-specific knowledge (biomechanics) with movement skills. 2.1

Strategies and Tactics

Level 1

1 Applies/integrates appropriate game strategies and tactics during game play and activities. 2.2

Level 2

2 Creates and applies multiple offensive and defensive strategies for game play and activity. 2.2

Fitness Education: Physically literate students demonstrate the knowledge and skills to plan, execute, self-monitor, achieve, and maintain a health-enhancing level of physical activity and/or fitness. PE.3

Health-Related Fitness and Exercise.

Level 1

1 Executes with proper form and technique a wide variety of exercises in each of the health-related fitness components addressing all major muscle groups. Engages in cardiorespiratory activities. 3.1

Level 2

2 Analyzes one's personal preferences and/or choices of exercise and exercise tools for the benefits, risk, safety, accessibility, adherence, and enjoyment. Develops and maintains a fitness portfolio that includes. assessments, goals, activities, and a tracking system for personal improvement. 3.1

Skill-Related Fitness and Training

Level 1

1 Participates and examines exercise programs that train each of the skill-related fitness components. 3.2

Level 2

2 Designs or implements a training plan that incorporates one or more training principles. 3.2

Training Principles for Fitness and Sport

Level 1

1 Applies training principles to health-related fitness exercise plans or a sport skill or sport fitness improvement plan. 3.3

Level 2

2 Evaluates performance data and applies training principles to revise health-related fitness or sport skill/fitness plan to improve performance. 3.3

Health-related and/or sport fitness or training plan

Level 1

1 Creates, implements, monitors (log), reassess, and revises a personal health-related and/or sport fitness plan for home, community, and school. 3.4

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Level 2

2 Creates, monitors (log), and revises one or more personal health-related and/or sport fitness plans implemented by one or more peers. 3.4

Fitness, Sport, and Technology

Level 1

1 Investigates and uses available technology tools, applications, and connections on social media as tools for supporting a healthy, active lifestyle and/or to self-monitor exercise and/or physical activity. 3.5

Level 2

2 Investigates and uses available technology tools, applications, and connections on social media as tools for supporting a healthy, active lifestyle and/or to self-monitor exercise and/or physical activity. 3.5

Physical Activity, Community

Level 1

1 Evaluates one or more recreation or sport activities that can be pursued in the local community and evaluates the activity and/or activities based on benefits, social support networks, and participation requirements. 3.6

Level 2

2 Evaluates one or more recreation or sport activities that can be pursued in the local community and evaluates the activity and/or activities based on benefits, social support networks, and participation requirements 3.6

Responsible Personal and Social Behavior: Physically literate students exhibit responsible personal and social behavior that respects self and others. PE.4

Personal Responsibility

Level 1

1 Demonstrates personal responsibility in all physical education activities. 4.1

Level 2

2 Implements leadership skills to promote responsibility in self and others. 4.1

Cooperative Skills

Level 1

1 Apply appropriate communication and cooperative skills including problem solving and resolving conflict in a variety of physical activities and team or group situations. Compares factors in different cultures and/or social settings that influence the choice of physical activity. 4.2

Level 2

2 Selects the most appropriate ways of responding and mediation to settle conflicts. Explains the influence of physical activity on cultural competence and the development of self-awareness 4.2

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..ules, Etiquette, and Safety

Level 1

1 Uses safe practices when engaging in physical education activities. 4.3

Level 2

2 Uses safe practices when engaging in physical education activities. 4.3

Recognition of the Value of Physical Activity: Physically literate students recognize the value of physical activity for health, enjoyment, challenge, self-expression, and /or social interaction. PE.5

Health

Level 1

1 Analyzes the health benefits of physical activity. 5.1

Level 2

2 Analyzes the health benefits of a self-selected physical activity. 5.1

Challenge

Level 1

1 Chooses an appropriate level of challenge to experience success in a physical activity 5.2

Level 2

2 Chooses an appropriate level of challenge to experience success in a self-selected physical activity 5.2

Self-expression and Enjoyment

Level 1

1 Participates in a self-selected physical activity for self-expression and enjoyment 5.3

Level 2

2 Participates in a self-selected physical activity for self-expression and enjoyment 5.3

Social Interaction

Level 1

1 Identifies opportunities for social interaction in a self-selected physical activity 5.4

Level 2

2 Evaluates opportunities for social interaction and social support in a self-selected physical activity. 5.4