Maryland Physical Education

High School: Level 1

Motor Skills and Movement Patterns S1.L1

Lifetime Activities

1 Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual-performance activities, invasion games, fielding and striking games, aquatics, net/wall games, or target games). S1.L1.1

Fitness Activities

2 Demonstrates competency in one or more specialized skills in health-related fitness activities. S1.L1.2

Concepts and Strategies S2.L1

Movement Concepts, Principles, and Knowledge

1a Applies the terminology associated with exercise and participation in selected individual-performance activities, net and wall games, target games, aquatics, invasion games, fielding and striking games, and/or outdoor pursuits appropriately. S2.L1.1A

1b Uses movement concepts and principles to analyze and improve performance of self and/or others in a selected skill. S2.L1.1B

1c Creates a practice plan to improve performance for a self-selected skill. S2.L1.1C

1d Identifies examples of social and technical dance forms. S2.L1.1D

1e Uses strategies and tactics effectively during game play in net, wall, and/or target games. S2.L1.1E

Health-Enhancing Level of Physical Activity and Fitness S3.L1

Physical Activity Knowledge

1a Discusses the benefits of a physically active lifestyle as it relates to college or career readiness. S3.L1.1A

1b Analyzes the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. S3.L1.1B

1c Identifies issues associated with exercising in heat, humidity, and cold. S3.L1.1C

1d Analyzes — according to their benefits, social support network and participation requirements — activities that can be pursued in the local environment. S3.L1.1D

1e Analyzes the risks and safety factors that might affect physical activity preferences throughout the life cycle. S3.L1.1E

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tness Knowledge

2a Demonstrates appropriate technique on resistance training machines and with free weights. S3.L1.2A

2b Relates physiological responses to individual levels of fitness and nutritional balance. S3.L1.2B

2c Identifies types of strength exercises and stretching exercises for personal fitness development. S3.L1.2C

2d Calculates target heart rate and applies that information to a personal fitness plan. S3.L1.2D

Assessment and Program Planning

3a Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings. S3.L1.3A

3b Designs a fitness program, including all components of health-related fitness for a college student and/or an employee in the learner's chosen career. S3.L1.3B

Nutrition

4 Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. S3.L1.4

Stress Management

5 Identifies stress-management strategies to reduce stress. S3.L1.5

Responsible Personal and Social Behavior S4.L1

Personal Responsibility

1 Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. S4.L1.1

Rules and Etiquette

2 Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. S4.L1.2

Working with Others

3a Uses communication skills and strategies that promote team or group dynamics. S4.L1.3A

3b Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. S4.L1.3B

Safety

4 Applies best practices for participating safely in physical activity, exercise, and dance. S4.L1.4

Recognizes the Value of Ph

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Health

Identifies the health benefits of a self-selected physical activity. S5.L1.1

Challenge

2 Identifies an appropriate level of challenge needed to experience success and desire to participate in a self-selected physical activity. S5.L1.2

Self-Expression and Enjoyment

3 Identifies the uniqueness of creative dance as a means of self-expression. S5.L1.3

Social Interaction

4 Identifies the opportunity for social support in a self-selected physical activity or dance. S5.L1.4