

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**

Fitness 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 Physical Activity S5.L1

Health

- 1 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](#)
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Self-Expression and Enjoyment

- 3 Identifies the uniqueness of creative dance as a means of self-expression. [S5.L1.3](#)
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Social Interaction

- 4 Identifies the opportunity for social support in a self-selected physical activity or dance. [S5.L1.4](#)