Maryland Physical Education

High School: Level 2

Motor Skills and Movement Patterns S1.L2

Lifetime Activities

1 Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individualperformance activities, invasion games, fielding and striking games, aquatics, net and wall games, or target games). S1.L2.1

Fitness Activities

2 Demonstrates competency in two or more specialized skills in health-related fitness activities. S1.L2.2

Concepts and Strategies S2.L2

Movement Concepts, Principles, and Knowledge

1a Identifies and discusses the historical and cultural roles of games, sports, and dance in a society. S2.L2.1A

1b Describes the speed-versus-accuracy trade-off in throwing and striking skills. S2.L2.1B

1c Identifies the stages of learning a motor skill. S2.L2.1C

1d Compares similarities and differences in various dance forms. S2.L2.1D

1e Analyzes errors in order to modify strategies and tactics in net, wall, and/or target games. S2.L2.1E

Health-Enhancing Level of Physical Activity and Fitness S3.L2

Physical Activity Knowledge

1a Investigates the relationships among physical activity, nutrition, and body composition. S3.L2.1A

1b Evaluates and applies technology and social media tools for supporting a healthy, active lifestyle. S3.L2.1B

1c Applies rates of perceived exertion and pacing. S3.L2.1C

1d Evaluates the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings. S3.L2.1D

1e Evaluates the risks and safety factors that might affect physical activity preferences throughout the life cycle. S3.L2.1E

Fitness Knowledge

a Designs and implements a strength and conditioning program that develops balance in opposing muscle groups. S3.L2.2A

Skip to main content

2b Identifies the different energy systems used in selected physical activities. S3.L2.2B

2c Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. S3.L2.2C

2d Adjusts pacing to keep heart rate in the target zone, using available technology to self-monitor aerobic intensity. S3.L2.2D

Assessment and Program Planning

3a Develops and maintains a fitness portfolio. S3.L2.3A

3b Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. S3.L2.3B

Nutrition

4 Creates a meal plan for before, during, and after exercise that addresses nutrition needs for each phase. S3.L2.4

Stress Management

5 Applies stress-management strategies to reduce stress. S3.L2.5

Responsible Personal and Social Behavior S4.L2

Personal Responsibility

Rules and Etiquette

2 Examines moral and ethical conduct in specific competitive situations. S4.L2.2

Working with Others

3a Demonstrates a leadership role in a physical activity setting. S4.L2.3A

3b Engages with others in cooperative and collaborative movement projects. S4.L2.3B

Safety

4 Applies best practices for participating safely in physical activity, exercise, and dance, including injury prevention, proper alignment, hydration, and use of equipment. S4.L2.4

Recognizes the difference between personal characteristics, idealized body images, and elite performance levels portrayed in various media. S4.L2.1

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Recognizes the Value of Ph

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Health

Analyzes the health benefits of a self-selected physical activity. S5.L2.1

Challenge

2 Chooses an appropriate level of challenge needed to experience success and desire to participate in a self-selected physical activity. S5.L2.2

Self-Expression and Enjoyment

3 Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. S5.L2.3

Social Interaction

4 Evaluates the opportunity for social interaction and social support in a self-selected physical activity. S5.L2.4