

# Grades 9-12

**Standard 1:**  
**Demonstrates**  
**competency in a variety**  
**of motor skills and**  
**movement patterns.**

## **1. Lifetime activities**

- L1.** Level 1 :Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual performance activities, aquatics, net/wall games, or target games). **S1.1.L1**
  - L2.** Level 2: Refines activity-specific movement skills in 1 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games, or target games). **S1.1.L2**
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## **2. Dance and rhythms:**

- L1.** Level 1: Demonstrates competency in dance forms used in cultural and social occasions (e.g. weddings, parties) or demonstrates competency in 1 form of dance (e.g. ballet, modern, hip hop, tap). **S1.2.L1**
  - L2.** Level 2: Demonstrates competency in a form of dance by choreographing a dance or by giving a performance. **S1.2.L2**
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## **3. Fitness activities**

- L1.** Level 1: Demonstrates competency in 1 or more specialized skills in health related fitness activities **S1.3.L1**
  - L2.** Level 2: Demonstrates competency in 2 or more specialized skills in health related fitness activities. **S1.3.L2**
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**Standard 2: Applies**  
**knowledge of concepts,**  
**principals, strategies**  
**and tactics related to**  
**movement and**  
**performance.**

## **1. Movement concepts, principles and knowledge:**

- L1.** Level 1: Applies the terminology associated with exercise and participation in selected individual-performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits appropriately **S2.1.L1**
  - L2.** Level 2: Identifies and discusses the historical and cultural roles of games, sports, and dance in a society. **S2.1.L2**
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## **2. Movement concepts, principles and knowledge:**

- L1.** Level 1: Uses movement concepts and principles (e.g. force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill. **S2.2.L1**
- L2.** Level 2: Describes the speed/accuracy trade-off in throwing and striking skills. **S2.2.L2**

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**3. Movement concepts, principles and knowledge:**

- L1. Level 1: Creates a practice plan to improve performance for a self-selected skill S2.3.L1
  - L2. Level 2: Identifies the stages of learning a motor skill. S2.3.L2
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**4. Movement concepts, principles and knowledge:**

- L1. Level 1: Identifies examples of social and technical dance forms. S2.4.L1
  - L2. Level 2: Compares similarities and difference in various dance forms. (S2.4.L2 S2.4.L2
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**Standard 3:**  
**Demonstrates the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.**

**1. Physical activity knowledge:**

- L1. Level 1: Discusses the benefits of a physical activity active lifestyle as it relates to college or career productivity. S3.1.L1
  - L2. Level 2: Investigates the relationships among physical activity, nutrition, and body composition. S3.1.L2
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**2. Physical activity knowledge:**

- L1. Level 1: Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. S3.2.L1
  - L2. Level 2: Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle. S3.2.L2
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**3. Physical activity knowledge:**

- L1. Level 1: Identifies issues associated with exercising in heat, humidity, and cold. S3.3.L1
  - L2. Level 2: Applies rates of perceived exertion and pacing. S3.3.L2
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**4. Physical activity knowledge:**

- L1. Level 1: Evaluates – according to their benefits, social support network, and participation requirements – activities that can be pursued in the local environment. S3.4.L1 S3.4.L1
  - L2. Level 2: If the outcome was not achieved in Level 1, it should be a focus in Level 2. S3.4.L2
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**5. Physical activity knowledge:**

- L1. Level 1: Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. S3.5.L1 S3.5.L1
- L2. Level 2: Analyzes the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings. S3.5.L2 S3.5.L2

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**6. Engages in physical activity:**

- L1.** Level 1: Participates several times a week in a self-selected lifetime activity, dance or fitness activity outside of the school day. S3.6.L1 [S3.6.L1](#)
- L2.** Level 2: Creates a plan, trains for, and participates in a community event with a focus on physical activity (e.g. 5K, triathlon, tournament, dance performance, cycling event). S3.6.L2 [S3.6.L2](#)

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**7. Fitness knowledge:**

- L1.** Level 1: Demonstrates appropriate technique in resistance-training machines and free-weights. S3.7.L1 [S3.7.L1](#)
- L2.** Level 2: Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle. S3.7.L2 [S3.7.L2](#)

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**8. Fitness knowledge:**

- L1.** Level 1: Relates physiological responses to individual levels of fitness and nutritional balance. S3.8.L1 [S3.8.L1](#)
- L2.** Level 2: Identifies the different energy systems used in a selected physical activity (e.g. adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). S3.8.L2 [S3.8.L2](#)

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**9. Fitness knowledge:**

- L1.** Level 1: Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g. strength, endurance, range of motion). S3.9.L1 [S3.9.L1](#)
- L1.** Level 2: Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. S3.9.L1 [S3.9.L1](#)

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**10. Fitness knowledge:**

- L1.** Level 1: Calculates target heart rate and applies that information to personal fitness plan. S3.10.L1 [S3.10.L1](#)
- L2.** Level 2: Adjusts pacing to keep heart rate in the target zone, using available technology (e.g. pedometer, heart rate monitor), to self-monitor aerobic intensity. S3.10.L2 [S3.10.L2](#)

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**11. Assessment and program planning:**

- L1.** Level 1: Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings. S3.11.L1 [S3.11.L1](#)
- L2.** Level 2: Develops and maintains a fitness portfolio (e.g. assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). S3.11.L2 [S3.11.L2](#)

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**12. Assessment and program planning:**

- L1.** Level 1: Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work. S3.12.L1
- L2.** Level 2: Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. S3.12.L2 S3.12.L2

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**13. Nutrition:**

- L1.** Level 1: Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. S3.13.L1 S3.13.L1
- L2.** Level 2: Creates a snack plan for before, during, and after exercise that addresses nutrition needs for each phase. S3.13.L2 S3.13.L2

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**14. Stress Management:**

- L1.** Level 1: Identifies stress-management strategies (e.g. mental imagery, relaxation techniques, deep breathing, aerobic exercise, and meditation) to reduce stress. S3.14.L1 S3.14.L1
- L2.** Level 2: Applies stress-management strategies (e.g. mental imagery, relaxation techniques, deep breathing, aerobic exercise, and meditation) to reduce stress. S3.14.L2 S3.14.L2

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**Standard 4: Exhibits responsible personal and social behavior that respects self and others.****1. Personal responsibility:**

- L1.** Level 1: Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately as needed. S4.1.L1 S4.1.L1
- L2.** Level 2: Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media. S4.1.L2 S4.1.L2

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**2. Rules and etiquette:**

- L1.** Level 1: Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. S4.2.L1 S4.2.L1
- L2.** Level 2: Examines moral and ethical conduct in specific competitive situations (e.g. intentional fouls, performance-enhancing substances, gambling, current events in sport). S4.2.L2 S4.2.L2

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**3. Working with others:**

- L1.** Level 1: Uses communication skills and strategies that promote team or group dynamics. S4.3.L1 S4.3.L1
- L2.** Level 2: Assumes a leadership role (e.g. task or group leader, referee, coach) in a physical activity setting. S4.3.L2 S4.3.L2

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#### 4. Working with others:

- L1. Level 1: Solves problems and thinks critically in physical activity or dance settings, both as an individual and in groups. S4.4.L1 S4.4.L1
- L2. Level 2: Accepts others' ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects. S4.4.L2 S4.4.L2

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#### 5. Safety:

- L1. Level 1: Applies best practices for participating safely in physical activity, exercise and dance (e.g. injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). S4.5.L1
- L2. Level 2: If the outcome was not achieved in Level 1, it should be a focus in Level 2. S4.5.L2 S4.5.L2

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**Standard 5: Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.**

#### 1. Health:

- L1. Level 1: Analyzes the health benefits of a self-selected physical activity. S5.1.L1 S5.1.L1
- L2. Level 2: If the outcome was not achieved in Level 1, it should be a focus in Level 2. S5.1.L2 S5.1.L2

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#### 2. Challenge:

Challenge is a focus in Level 2

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

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#### 3. Self-expression and enjoyment:

- L1. Level 1: Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. S5.3.L1 S5.3.L1
- L2. Level 2: Identifies the uniqueness of creative dance as a means of self expression. S5.3.L2

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#### 4. Social Interaction:

- L1. Level 1: Identifies the opportunity for social support in a self-selected physical activity or dance. S5.4.L1 S5.4.L1
- L2. Level 2: Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance. S5.4.L2 S5.4.L2