

# Grade 9

Adopted 2013

**Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.**

**Demonstrate proficiency in numerous movement forms.**

**Use technology to evaluate a variety of movement forms.**

**Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.**

**Identify and analyze the movement skills of self and peers during various physical activities.**

**Design self-improvement plan to achieve a higher skill level in a movement activity.**

**Participates regularly in physical activity.**

**Recognize the value of participating in vigorous activities over a sustained period of time.**

**Establish personal physical activity goals based on previous assessments.**

**Achieve and maintain a health-enhancing level of physical fitness.**

**Participate in a nationally recognized fitness test to assess personal fitness.**

**Utilize various resources including technology to enhance personal fitness.**

**Design and participate in a personal fitness program.**

**Exhibit responsible personal and social behavior that respect self and others in physical activity settings.**

**Apply rules, procedures, and safe practices based upon teacher instruction.**

**Demonstrate sportsmanship and fair play during physical activities.**

**Recognize and understand the value of cultural diversity in physical activity.**

**Develop strategies for including persons with different ability levels.**

**Value physical activity for health, enjoyment, challenge, self-**

**Participate regularly in health enhancing and self-rewarding physical activities.**

**expression, and/or  
social interaction.**

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**Recognize the extensive variety of physical activities, including those that will  
challenge the traditional notion of physical fitness.**