

Grades 10, 11, 12

Adopted 2013

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

Demonstrate proficiency in team-oriented skills.

Improve upon a variety of advanced manipulative skills.

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

Analyze peer performance on specific movement skills.

Determine offensive and defensive strategies while participating in team and individual sports.

Use the outcomes of strategic decisions to encourage the improvement of personal performance.

Participates regularly in physical activity.

Participate in a variety of health-related movement activities, which encourages a lifetime of physical fitness.

Select activities that promote a physically active lifestyle by determining the health and fitness benefits of team, dual, individual, and lifetime activities.

Create a plan to maximize success in a variety of activities (i.e., picnic, camping trip, picking up litter, etc.).

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

Develop and participate in an appropriate physical fitness program to improve personal fitness over an extended period of time.

Maintain the five health related fitness components (i.e., aerobic fitness, muscular strength, muscular endurance, flexibility, body composition) to live a healthy lifestyle through the development of a fitness plan.

Develop and participate in an appropriate physical fitness program to improve personal fitness over an extended period of time.

Exhibit responsible personal and social behavior that respect s

Engage in physical activities that encourage self-motivation and goal setting.

self and others in physical activity settings.

Cooperate with peers personally and socially through physical activities.

Acknowledge differences in peer abilities while working together to achieve physical activity goals.

Identify the effects of age on lifelong physical activity preferences and participation.

Value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Interact with peers in a fun and challenging environment while participating in group-related physical activities.

Understand the value and benefits of physical activity which lead to a healthier lifestyle.