

# Grades 9, 10, 11, 12

Adopted 2016

**Demonstrate competency in a variety of motor skills and movement patterns.**

- 1. Refining activity-specific movement skills in one or more lifetime activities;** A.9-12.1
- 2. Exhibiting competency in two or more specialized skills in health-related fitness activities; and** A.9-12.2
- 3. Choreographing or participating in a form of dance.** A.9-12.3

**Apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.**

- 1. Identifying and discussing the historical and cultural roles of games, sports, and dance, including those of traditional and contemporary American Indian cultures;** B.9-12.1
- 2. Comparing similarities and differences in various dance forms, including those of traditional and contemporary American Indian cultures and practices;** B.9-12.2
- 3. Using spatial concepts of locomotor and nonlocomotor movements in outdoor pursuits; and** B.9-12.3
- 4. Identifying the stages of learning a motor skill.** B.9-12.4

**Demonstrate the knowledge and skills to achieve and maintain a healthenhancing level of physical activity and fitness.**

- 1. Creating a healthy snack plan for before, during, and after exercise that addresses nutrition needs for each phase;** C.9-12.1
- 2. Investigating the relationships among physical activity, nutrition, and body composition;** C.9-12.2
- 3. Analyzing and applying technology and social media as tools to support a healthy, active lifestyle;** C.9-12.3
- 4. Analyzing the impact of life choices, economics, motivation, and accessibility on maintaining physical activity in college or career settings;** C.9-12.4
- 5. Creating a plan, training for and participating in a community event with a focus on physical activity, including those of American Indian cultural traditions;** C.9-12.5
- 6. Designing and implementing a strength and conditioning program;** C.9-12.6

- 
7. Evaluating the importance of stretching and flexibility in lifetime activities; C.9-12.7
  8. Identifying the structure of skeletal muscle and fiber types as they relate to muscle development; and C.9-12.8
  9. Identifying the different energy systems used in physical activities. C.9-12.9
- 

Exhibit responsible personal and social behavior that respects self and others.

1. Accepting differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media; D.9-12.1
  2. Advocating for responsible behavior of self and others in a variety of physical activities; D.9-12.2
  3. Analyzing the benefits of a variety of feedback techniques; D.9-12.3
  4. Examining moral and ethical conduct in specific competitive situations; D.9-12.4
  5. Assuming a leadership role in a physical activity setting such as coach, referee, or group leader; D.9-12.5
  6. Advocating for acceptance of other's ideas, cultural diversity, and body types by engaging in cooperative and collaborative movement projects; and D.9-12.6
  7. Applying best practices for participating safely in physical activity, exercise, and dance. D.9-12.7
- 

Recognize the value of physical activity for health, enjoyment, selfexpression, and/or social interaction.

1. Analyzing the health benefits of a self-selected physical activity; E.9-12.1
2. Choosing an appropriate level of challenge to experience success while participating in a self-selected physical activity; and E.9-12.2
3. Evaluating social interactions and supports in a variety of physical activities. E.9-12.3