Nebraska Physical Education

Grades 9, 10, 11, 12

Adopted 2016

Foundations For Physical Education and Fitness PE.HS.1

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.1.1
   a. Performs and/or refines activity-specific movement skills in four or more lifetime activities (e.g., outdoor pursuits, aquatics, net games, individual performance activities). PE.HS.1.1.A
   b. Demonstrates proficiency in multiple skills in a variety of health-related activities (e.g., running, core exercises, yoga, resistance training). PE.HS.1.1.B

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.1.2
   a. Applies the terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and/or outdoor pursuits. PE.HS.1.2.A
   b. Analyzes and improves performance of self and/or others in a selected skill using movement concepts and principles (e.g., force, motion, rotation). PE.HS.1.2.B
   c. Creates a practice plan to improve performance of a self-selected skill. PE.HS.1.2.C
   d. Discusses the benefits of a physically active lifestyle throughout the life cycle. PE.HS.1.2.D
   e. Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. PE.HS.1.2.E
   f. Identifies issues associated with exercising in heat, humidity and cold. PE.HS.1.2.F
   g. Analyzes the benefits, social support network, and participation requirements of activities that can be pursued in the local environment. PE.HS.1.2.G
   h. Evaluates risks and safety factors that might impact physical activity preferences throughout the life span. PE.HS.1.2.H
   i. Identifies types of strength exercises (e.g., isometric, concentric, eccentric) for personal fitness development (e.g., strength, endurance, range of motion). PE.HS.1.2.I
   j. Identifies stretching exercises (e.g., static, proprioceptive neuromuscular facilitation {PNF}, dynamic) for personal fitness development (e.g., strength, endurance, range of motion). PE.HS.1.2.J

Skip to main content

k. Calculates target heart rate and applies that information to personal fitness. PE.HS.1.2.K

l. Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle. PE.HS.1.2.L

m. Designs and implements a fitness program that includes all components of health-related fitness. PE.HS.1.2.M

n. Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. PE.HS.1.2.N

o. Researches stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation). PE.HS.1.2.O

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.1.3

a. Exhibits etiquette, respect for others, and teamwork while engaging in physical activity. PE.HS.1.3.A

b. Utilizes communication skills and strategies that promote team/group dynamics. PE.HS.1.3.B

c. Solves problems and thinks critically in physical activity, both as an individual and in groups. PE.HS.1.3.C

d. Applies best practices for participating safely in physical activity (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). PE.HS.1.3.D

e. Analyzes the health benefits of a self-selected physical activity. PE.HS.1.3.E

f. Chooses an appropriate level of challenge to experience success and desire to participate in self-selected physical activity. PE.HS.1.3.F

g. Selects and participates in physical activities that meet the need for self-expression and enjoyment. PE.HS.1.3.G

Beginning Swimming PE.HS.2

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.2.1

a. Attempts basic swimming strokes (e.g., sidestroke, elementary backstroke, front crawl, and backstroke). PE.HS.2.1.A

b. Performs basic survival skills and drown-proofing techniques (e.g., treading, floating, water entries, lifejacket protocol). PE.HS.2.1.B

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.2.2

a. Participates in water recreation games and activities to enhance fitness (e.g., water aerobics/exercises, water volleyball, water baseball). PE.HS.2.2.A

b. Identifies the health benefits of swimming and aquatic activities (e.g., health-related components, low impact, rehabilitation). PE.HS.2.2.B

Skip to main content

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.2.3
   a. Exhibits etiquette, respect for others and teamwork while engaging in aquatic activities. PE.HS.2.3.A
   b. Applies best practices for participating safely in and around aquatic activities (e.g., safe entry, walking on the deck, space awareness, lifejacket protocol). PE.HS.2.3.B

Intermediate/Advanced Swimming PE.HS.3

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.3.1
   a. Performs basic swimming strokes (e.g., sidestroke, elementary backstroke, front crawl, and backstroke). PE.HS.3.1.A
   b. Executes in water skills (e.g., turns, flag count). PE.HS.3.1.B
   c. Executes near-water skills (e.g., starts, board approach). PE.HS.3.1.C
2. **Applies knowledge of concepts, principles, tactics and strategies related to movement and performance to achieve and maintain a health enhancing level of physical activity and fitness.** PE.HS.3.2
   a. Participates in water recreation games and activities to enhance fitness (e.g., water aerobics/exercises, water volleyball, water polo, kayaking, paddle boarding, yoga, dance). PE.HS.3.2.A
   b. Designs and implements personal workouts and fitness goals in an aquatic environment (e.g., warm up, workout, cool down, Frequency, Intensity, Type, and Time {FITT}). PE.HS.3.2.B
   c. Analyzes the health benefits of self-selected aquatic activities (e.g., health-related components, disease prevention, heart rate, target heart rate zone). PE.HS.3.2.C
3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.3.3
   a. Exhibits etiquette, respect for others, and teamwork while engaging in aquatic activities. PE.HS.3.3.A
   b. Employs effective self-management skills to analyze individual barriers and modify aquatic activity patterns as needed. PE.HS.3.3.B
   c. Performs appropriate water safety skills (e.g., safe entry, lane etiquette, diving, space awareness, reach or throw, don't go, flag count). PE.HS.3.3.C

Fitness Swimming and Aquatic Activities PE.HS.4

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.4.1
   a. Performs four competitive strokes (e.g., butterfly, backstroke, breaststroke, front crawl). PE.HS.4.1.A
   b. Executes in water skills (e.g., turns, flag count, survival using clothing for flotation). PE.HS.4.1.B

Skip to main content

c. Executes near water skills (e.g., starts, board approach with flight, sizing paddles). PE.HS.4.1.C

d. Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in selected aquatic skills. PE.HS.4.1.D

2. **Applies knowledge of concepts, principles, tactics and strategies related to movement and performance to achieve and maintain a health enhancing level of physical activity and fitness.** PE.HS.4.2

a. Designs and implements a plan to improve performance and/or maintain a healthy and active lifestyle (e.g., workouts, fin & paddle use, water exercise courses in community). PE.HS.4.2.A

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.4.3

a. Exhibits etiquette, respect for others and teamwork while engaging in aquatic activities. PE.HS.4.3.A

b. Selects an appropriate level of challenge to experience success and desire to participate in a self-selected aquatic activity. PE.HS.4.3.B

c. Utilizes communication skills and implements strategies that promote team/group dynamics in aquatic environments. PE.HS.4.3.C

Introduction to Strength and Conditioning PE.HS.5

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.5.1

a. Performs technique for beginning resistance training and/or free-weight exercises. PE.HS.5.1.A

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.5.2

a. Identifies and implements components of an appropriate effective strength and conditioning program. PE.HS.5.2.A

b. Identifies and uses the major muscle groups in specific exercises. PE.HS.5.2.B

c. Applies the terminology associated with exercise and participation in beginning strength and conditioning activities. PE.HS.5.2.C

d. Analyzes the validity of claims made by commercial products and programs pertaining to strength and conditioning. PE.HS.5.2.D

e. Analyzes and applies technology and social media as tools for supporting a strength and conditioning program. PE.HS.5.2.E

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.5.3

Skip to main content

a. Applies best practices for participating safely in beginning strength and conditioning exercises. PE.HS.5.3.A

b. Selects an appropriate level of challenge to experience success and desire to participate in beginning strength and conditioning environments. PE.HS.5.3.B

c. Exhibits etiquette, respect for others, and teamwork while engaging in beginning strength and conditioning environments. PE.HS.5.3.C

Intermediate Strength and Conditioning PE.HS.6

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.6.1

   a. Performs technique for intermediate resistance training and free-weight exercises. PE.HS.6.1.A

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.6.2

   a. Identifies and performs types of strength exercises (e.g., isometric, concentric, eccentric) for personal fitness (e.g., strength, endurance, range of motion). PE.HS.6.2.A

   b. Identifies and performs types of stretching exercises (e.g., static, proprioceptive neuromuscular facilitation {PNF}, dynamic) for personal fitness (e.g., strength, endurance, range of motion). PE.HS.6.2.B

   c. Designs a strength and conditioning program, including all components of health-related fitness as it relates to living a healthy and active adult lifestyle. PE.HS.6.2.C

   d. Evaluates claims of commercial products and programs for strength and conditioning. PE.HS.6.2.D

   e. Analyzes and applies technology and social media as tools for supporting a strength and conditioning program. PE.HS.6.2.E

   f. Applies the terminology associated with exercise and participation in intermediate strength and conditioning programs. PE.HS.6.2.F

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.6.3

   a. Applies best practices for participating safely in intermediate strength and conditioning exercises. PE.HS.6.3.A

   b. Exhibits etiquette, respect for others, and teamwork while engaging in intermediate strength and conditioning environments. PE.HS.6.3.B

   c. Employs effective self-management skills to analyze barriers and modify intermediate strength and conditioning activities as needed to meet individual needs. PE.HS.6.3.C

Advanced Strength and Conditioning PE.HS.7

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.7.1

   a. Performs technique for advanced resistance training and free-weight exercises. PE.HS.7.1.A

Skip to main content

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.7.2

   a. Analyzes and improves performance of self and/or others in a strength and conditioning exercise using movement concepts and principles (e.g., force, motion, rotation). PE.HS.7.2.A

   b. Designs and implements a personal strength and conditioning program that supports a healthy, active lifestyle. PE.HS.7.2.B

   c. Selects and performs exercises that use the different energy systems (e.g., adenosine triphosphate and phosphocreatine, anaerobic glycolysis, aerobic). PE.HS.7.2.C

   d. Applies basic knowledge of energy systems for improving physical fitness. PE.HS.7.2.D

   e. Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. PE.HS.7.2.E

   f. Creates and maintains a strength and conditioning portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). PE.HS.7.2.F

   g. Analyzes and applies technology and social media as tools for supporting a strength and conditioning program. PE.HS.7.2.G

   h. Applies the terminology associated with exercise and participation in advanced strength and conditioning programs. PE.HS.7.2.H

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.7.3

   a. Applies best practices for participating safely in advanced strength and conditioning exercises. PE.HS.7.3.A

   b. Exhibits etiquette, respect for others and teamwork while engaging in advanced strength and conditioning environments. PE.HS.7.3.B

   c. Employs effective self-management skills to analyze barriers and modify advanced strength and conditioning activities as needed to meet individual needs. PE.HS.7.3.C

Aerobic Training PE.HS.8

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.8.1

   a. Performs multiple skills in a variety of different aerobic activities. PE.HS.8.1.A

   b. Demonstrates the correct technique associated with a variety of different activities within aerobic training. PE.HS.8.1.B

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.8.2

Skip to main content

a. Identifies and applies the movement concepts and principles utilized for the improvement of performance. PE.HS.8.2.A

b. Identifies a variety of aerobic activities that can be pursued in the local environment in order to evaluate the benefits of each activity for future personal use. PE.HS.8.2.B

c. Isolates muscle groups that correspond with exercises performed. PE.HS.8.2.C

d. Utilizes appropriate terminology associated with aerobic activities. PE.HS.8.2.D

e. Researches the benefits of aerobic activity as it pertains to a healthy adult lifestyle. PE.HS.8.2.E

f. Evaluates the validity of commercial products and services focusing on aerobic activity and a healthy lifestyle. PE.HS.8.2.F

g. Identifies and utilizes technology tools and social media resources that are effective for instruction and enhancement of specific aerobic training. PE.HS.8.2.G

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.8.3

a. Exhibits etiquette, behavior, and respect for others while engaging in aerobic activity. PE.HS.8.3.A

b. Develops and maintains a portfolio including personal needs assessments, goal setting, and activity plans to improve and maintain aerobic fitness. PE.HS.8.3.B

c. Selects and performs multiple aerobic activities which provide enjoyment. PE.HS.8.3.C

d. Chooses and performs at an appropriate level of challenge to experience success and desire to participate in self-selected physical activity. PE.HS.8.3.D

e. Analyzes the health benefits of a self-selected physical activity within aerobic training. PE.HS.8.3.E

f. Differentiates between personal characteristics necessary to media portrayals of idealized body images and elite performance levels in relation to achieving and maintaining a healthy level of fitness. PE.HS.8.3.F

Advanced Aerobic Training PE.HS.9

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.9.1

a. Performs multiple skills in a variety of aerobic activities. PE.HS.9.1.A

b. Executes multiple techniques in a variety of resistance training activities. PE.HS.9.1.B

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.9.2

a. Applies terminology associated with aerobic activities and resistance training. PE.HS.9.2.A

Skip to main content

b. Analyzes and improves performance of self and others utilizing movement concepts and principles. PE.HS.9.2.B

c. Researches the benefits of aerobic and resistance training activities as they relate to living a healthy, active adult lifestyle. PE.HS.9.2.C

d. Evaluates the validity of commercial products and programs pertaining to aerobic and resistance training activities. PE.HS.9.2.D

e. Applies technology and social media as tools for supporting a healthy, active lifestyle. PE.HS.9.2.E

f. Creates a plan, trains for, and participates in a community event. PE.HS.9.2.F

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.9.3

a. Exhibits etiquette, respect for others, and teamwork while engaging in aerobic and resistance activities. PE.HS.9.3.A

b. Analyzes the health benefits of a self-selected aerobic activity. PE.HS.9.3.B

c. Applies best practices for participating safely in aerobic and resistance training activities. PE.HS.9.3.C

Introduction to Dance PE.HS.10

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.10.1

a. Executes technical skills in a variety of dance forms (e.g., ballet, modern, hip-hop, line, jazz, ballroom). PE.HS.10.1.A

b. Creates and performs dance phrases to communicate ideas, images, feelings, and experiences based on inspiration from a variety of sources (e.g., create and perform a dance phrase based on a favorite song, poem, art piece). PE.HS.10.1.B

c. Choreographs and performs a dance in collaboration with others. PE.HS.10.1.C

2. **Applies knowledge of concepts, principles, tactics and strategies related to movement and performance to achieve and maintain a health enhancing level of physical activity and fitness.** PE.HS.10.2

a. Analyzes similarities and differences in various dance forms. PE.HS.10.2.A

b. Choreographs a dance in collaboration with others. PE.HS.10.2.B

c. Performs a dance individually or with others. PE.HS.10.2.C

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.10.3

a. Applies appropriate behavior and etiquette to create and perform a variety of dance forms. PE.HS.10.3.A

b. Selects and participates in dance that meets the need for self-expression and enjoyment. PE.HS.10.3.B

Skip to main content

c. Identifies the opportunity for social support in dance. PE.HS.10.3.C

Hip-Hop Dance PE.HS.11

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.11.1
   a. Implements dance elements within hip-hop dance. PE.HS.11.1.A
   b. Creates and performs a dance sequence that uses a variety of hip-hop dance elements to implement simple choreographic structures and principles to fulfill choreographic intent. PE.HS.11.1.B
   c. Choreographs and performs a hip-hop dance. PE.HS.11.1.C
2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.11.2
   a. Analyzes similarities and differences in various hip-hop dance forms. PE.HS.11.2.A
   b. Applies dance terminology used to communicate in hip-hop dance. PE.HS.11.2.B
   c. Choreographs a hip-hop dance in collaboration with others. PE.HS.11.2.C
   d. Performs a hip-hop dance individually or with others. PE.HS.11.2.D
   e. Identifies hip-hop dance opportunities that can be pursued in the local environment. PE.HS.11.2.E
3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.11.3
   a. Applies appropriate behavior and etiquette to create and perform hip-hop dance. PE.HS.11.3.A
   b. Identifies the uniqueness of hip-hop dance as a means of self-expression. PE.HS.11.3.B
   c. Selects and participates in hip-hop dance that meets the need for self-expression and enjoyment. PE.HS.11.3.C
   d. Identifies the opportunity for social support in hip-hop dance. PE.HS.11.3.D

Ballroom Dance PE.HS.12

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.12.1
   a. Executes technical skills in ballroom dance forms used for cultural and social occasions. PE.HS.12.1.A
   b. Creates and performs a dance sequence that uses a variety of ballroom dance elements to implement simple choreographic structures and principles to fulfill choreographic intent. PE.HS.12.1.B
2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.12.2
   a. Analyzes similarities and differences in various ballroom dance forms. PE.HS.12.2.A
   b. Applies dance terminology used to communicate in ballroom dance. PE.HS.12.2.B

Skip to main content

c. Identifies examples of social and technical dance forms. PE.HS.12.2.C

d. Identifies ballroom dance opportunities that can be pursued in the local environment. PE.HS.12.2.D

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.12.3

a. Applies appropriate behavior and etiquette to create and perform ballroom dance. PE.HS.12.3.A

b. Identifies the uniqueness of ballroom dance as a means of self-expression. PE.HS.12.3.B

c. Selects and participates in ballroom dance that meets the need for self-expression and enjoyment. PE.HS.12.3.C

d. Identifies the opportunity for social support in ballroom dance. PE.HS.12.3.D

Dance Performance PE.HS.13

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.13.1

a. Creates and performs a dance sequence that uses a variety of dance elements to implement simple choreographic structures. PE.HS.13.1.A

b. Improvises to create and perform choreography with others (e.g., create cohesive transitions between phrases). PE.HS.13.1.B

c. Performs a choreographed dance individually and/or with others. PE.HS.13.1.C

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.13.2

a. Analyzes similarities and differences in various dance forms. PE.HS.13.2.A

b. Applies dance terminology to describe how elements of movement and choreographic structures are used to communicate ideas in dance (e.g., use written and verbal expression to analyze dance in response to dance observation, creation, and performance). PE.HS.13.2.B

c. Investigates dance opportunities that can be pursued in the local environment. PE.HS.13.2.C

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.13.3

a. Applies appropriate behavior and etiquette to choreograph and perform a variety of dance forms. PE.HS.13.3.A

b. Identifies the uniqueness of creative dance as a means of self-expression. PE.HS.13.3.B

c. Selects and participates in dance that meets the need for self-expression and enjoyment. PE.HS.13.3.C

Skip to main content

d. Identifies the opportunity for social support in dance. PE.HS.13.3.D

Lifetime Activities PE.HS.14

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.14.1
   a. Performs and/or refines activity-specific movement skills in a variety of lifetime activities. PE.HS.14.1.A
   b. Demonstrates competent skill performance of basic and advanced skills by scoring and preventing scoring as an individual/team within authentic settings of lifetime game activities. PE.HS.14.1.B

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.14.2
   a. Applies class activities to a personal fitness plan. PE.HS.14.2.A
   b. Investigates the benefits of lifetime activities and how they contribute to achieving and maintaining a health-enhancing level of physical activity and fitness. PE.HS.14.2.B
   c. Applies appropriate strategies in a variety of lifetime activities. PE.HS.14.2.C
   d. Applies appropriate tactical decisions in a variety of lifetime activities. PE.HS.14.2.D
   e. Applies the rules and understanding of the terminology in a variety of lifetime activities. PE.HS.14.2.E
   f. Communicates with teammates using proper terminology in a variety of lifetime activities. PE.HS.14.2.F
   g. Analyzes and applies technology and social media as tools for supporting lifetime activities as part of a healthy, active lifestyle. PE.HS.14.2.G
   h. Identifies issues associated with performing lifetime activities in heat, humidity, and cold. PE.HS.14.2.H
   i. Analyzes the benefits, social support network, and participation requirements of lifetime activities that can be pursued in the local environment. PE.HS.14.2.I
   j. Evaluates risk and safety factors that might affect lifetime physical activity preferences throughout the life cycle. PE.HS.14.2.J
   k. Applies stress management strategies (e.g., mental imagery, deep breathing, meditation) for successful participation in lifetime activities. PE.HS.14.2.K

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.14.3
   a. Employs effective self-management skills to analyze barriers and modify physical activity patterns in lifetime activities. PE.HS.14.3.A
   b. Recognizes and performs modifications to lifetime activities, game expectations or behaviors to accommodate individuals with lesser or greater skills or special needs. PE.HS.14.3.B
   c. Exhibits etiquette, respect for others, and teamwork while engaging in lifetime activities. PE.HS.14.3.C

Skip to main content

d. Selects and participates in lifetime activities that meet the need for self-expression and enjoyment. PE.HS.14.3.D

e. Exhibits good sportsmanship and plays within the rules in a variety of lifetime activities. PE.HS.14.3.E

Team Games PE.HS.15

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.15.1

   a. Performs a variety of activity/sports specific movement skills at a mature level. PE.HS.15.1.A

   b. Demonstrates competent skill performance of basic and advanced skills by scoring and preventing scoring as a team within authentic settings of invasion games, net/wall games, and/or striking and fielding games. PE.HS.15.1.B

   c. Performs a variety of specialized skills in health-related fitness activities. PE.HS.15.1.C

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.15.2

   a. Applies class activities to a personal fitness plan. PE.HS.15.2.A

   b. Analyzes and applies technology and social media as tools for supporting team activities as part of a healthy and active adult lifestyle. PE.HS.15.2.B

   c. Transfers knowledge of previously learned tactics and strategies to participate in similar and/or new team activities (e.g., games, sports, world games, innovative games). PE.HS.15.2.C

   d. Creates strategies for successful participation in a variety of team activities. PE.HS.15.2.D

   e. Applies tactics to participate successfully in a variety of team activities. PE.HS.15.2.E

   f. Applies knowledge of various team/player positions and their role(s) in the team game or activity. PE.HS.15.2.F

   g. Applies the rules and understanding of terminology in a variety of team games. PE.HS.15.2.G

   h. Communicates with teammates using proper terminology in a variety of team games. PE.HS.15.2.H

   i. Adjusts physical activity level to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor) to self-monitor aerobic intensity. PE.HS.15.2.I

   j. Identifies issues associated with performing team games in heat, humidity, and cold. PE.HS.15.2.J

   k. Applies stress-management strategies (e.g., mental imagery, deep breathing, meditation) for successful participation in team activities. PE.HS.15.2.K

Skip to main content

l. Evaluates risk and safety factors that might affect team game activity preferences throughout the life cycle. PE.HS.15.2.L

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.15.3

a. Evaluates the barriers of team activities as it relates to living a healthy and active adult lifestyle. PE.HS.15.3.A

b. Recognizes and performs modifications to team activities, game expectations, or behaviors to accommodate individuals with lesser or greater skills or special needs. PE.HS.15.3.B

c. Utilizes communication skills and strategies to promote successful participation in team activities. PE.HS.15.3.C

d. Applies best practices for participating safely in team sports (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). PE.HS.15.3.D

e. Maintains appropriate demeanor throughout team games or activities (e.g., responding to winning or losing, accepting officials call, incidental physical contact, errors). PE.HS.15.3.E

f. Evaluates the opportunities for social interaction and social support provided by team activities. PE.HS.15.3.F

Outdoor Pursuits PE.HS.16

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.16.1

a. Performs and/or refines activity specific skills in a variety of outdoor pursuits (e.g., kayaking, paddleboarding, fishing, geocaching, orienteering, camping, hiking, mountain biking, climbing, obstacle course, adventure activities, high elements). PE.HS.16.1.A

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.16.2

a. Applies terminology associated with participation in selected outdoor pursuits. PE.HS.16.2.A

b. Explores and participates in outdoor activities that can be pursued in the local environment. PE.HS.16.2.B

c. Recognizes and performs modifications to outdoor pursuits, activity expectations, and behaviors to accommodate individuals with lesser or greater skills or special needs. PE.HS.16.2.C

d. Applies rates of perceived exertion and pacing. PE.HS.16.2.D

e. Identifies issues associated with participating in outdoor pursuits in heat, humidity, and cold. PE.HS.16.2.E

Skip to main content

f. Analyzes the benefits, social support network, and participation requirements of outdoor activities that can be pursued in the local environment. PE.HS.16.2.F

g. Evaluates risk and safety factors that might affect outdoor pursuits throughout the life cycle. PE.HS.16.2.G

h. Analyzes and applies technology and social media as tools for supporting outdoor activities as part of a healthy and active adult lifestyle. PE.HS.16.2.H

i. Creates a snack plan for before, during, and after participation in outdoor pursuits that address nutrition and hydration needs for each phase. PE.HS.16.2.I

j. Applies stress management strategies (e.g., mental imagery, deep breathing, meditation) for successful participation in outdoor pursuits. PE.HS.16.2.J

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.16.3

a. Applies best practices for participating safely in outdoor pursuits. PE.HS.16.3.A

b. Analyzes the health benefits of self-selected outdoor pursuits. PE.HS.16.3.B

c. Evaluates the opportunities for social interaction and social support provided by outdoor pursuits. PE.HS.16.3.C

d. Solves problems and thinks critically in outdoor pursuits, both as an individual and in groups. PE.HS.16.3.D

e. Evaluates the barriers of outdoor pursuits as they relate to living a healthy, active adult lifestyle. PE.HS.16.3.E

f. Selects and participates in outdoor pursuits that meet the need for self-expression and enjoyment. PE.HS.16.3.F

Lifeguard Training & Water Safety Instruction Aide PE.HS.17

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.17.1

a. Performs all lifeguarding rescue skills as required by American Red Cross (e.g., entries and approaches, active rescues, passive rescues, reaching assist). PE.HS.17.1.A

b. Performs all CPR/First Aid/AED skills as required by American Red Cross (e.g., ventilations, one-rescuer CPR, two-rescuer CPR, conscious choking, AED, control external bleeding). PE.HS.17.1.B

c. Applies the terminology associated with Water Safety. PE.HS.17.1.C

d. Applies the terminology associated with lifeguard skills staged in rescue situations. PE.HS.17.1.D

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.17.2

a. Evaluates risks and safety factors associated with aquatic activities in heat, humidity and cold (e.g., hydration, heat exhaustion, heat stroke, hypothermia, sun exposure). PE.HS.17.2.A

b. Evaluates risks and safety factors associated with aquatic environments. PE.HS.17.2.B

Skip to main content

c. Applies best practices for participating safely in and around aquatic activities. PE.HS.17.2.C

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.17.3

a. Exhibits etiquette and respect for others while engaging in and around aquatic activity (e.g., customer service, instructing lessons). PE.HS.17.3.A

b. Utilizes communication skills and strategies that promote team/group dynamics (e.g., for patrons and team responses) in aquatic environments. PE.HS.17.3.B

c. Thinks critically and solves problems both as an individual and in groups in aquatic environments. PE.HS.17.3.C

d. Discusses the benefits of a physically active lifestyle as it relates to a career of lifeguarding. PE.HS.17.3.D

Sport Officiating PE.HS.18

1. **Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.** PE.HS.18.1

a. Applies officiating mechanics and positioning in a variety of sports (e.g., hand signals, motions, whistles, vocabulary). PE.HS.18.1.A

b. Demonstrates competency in rules and regulations in a variety of sports (e.g., making the right call). PE.HS.18.1.B

c. Identifies regulation court/field set up and equipment safety for a variety of sports (e.g., field checks). PE.HS.18.1.C

d. Applies appropriate terminology associated with each sport. PE.HS.18.1.D

2. **Applies knowledge of concepts, principles, tactics, and strategies related to movement and performance to achieve and maintain a health-enhancing level of physical activity and fitness.** PE.HS.18.2

a. Designs and implements a plan to improve officiating performance. PE.HS.18.2.A

b. Evaluates risks and safety factors associated with exercising in heat, humidity, and cold (e.g., hydration, heat exhaustion, heat stroke, hypothermia, sun exposure). PE.HS.18.2.B

c. Applies stress management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation). PE.HS.18.2.C

3. **Recognizes the benefits of physical activity and exhibits responsible personal and social behavior in a variety of physical activity settings.** PE.HS.18.3

a. Exhibits etiquette and respect for others while officiating (e.g., customer service, crowd control). PE.HS.18.3.A

b. Utilizes communication skills and strategies that promote team/group dynamics (e.g., crowd, participant, and team responses). PE.HS.18.3.B

c. Thinks critically and solves problems both as an individual and in groups. PE.HS.18.3.C

Skip to main content

d. Explains the benefits of a physically active lifestyle as it relates to a career of officiating. PE.HS.18.3.D