Nevada Physical Education

Grades 9, 10, 11, 12

Adopted 2014

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

Locomotor and Nonlocomotor Movement

1. Demonstrate proficiency in multiple movement forms in physical activities. 1.12.1

Manipulative Skills

2. Perform manipulative skills in combination with locomotor and/or nonlocomotor movements in a variety of environments and under a host of conditions. 1.12.2

Motor Skills and Movement Patterns

3. Execute complex motor skills and various movement patterns within physical activities. 1.12.3

Safety

4. Apply safe practices while participating in physical activities. 1.12.4

Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.

Concepts and Principles

1. Analyze complex skills in a physical activity setting. 2.12.1

Strategies

2. Analyze strategies used in physical activity settings to improve movement skills. 2.12.2

Safety

3. Demonstrate safe practices for self and others while participating in physical activities. 2.12.3

Participate regularly in physical activity.

Moderate to Vigorous Physical Activity

1. Engage in a variety of moderate to vigorous physical activities. 3.12.1

Establishing Healthy Activity Patterns and Values

2. Apply lifelong activity patterns through participation in physical activity. 3.12.2

Self-Management Skills

Demonstrate opportunities at school for regular participation in physical activities. 3.12.3

Skip to main content

Achieves and maintains a health-enhancing level of physical fitness

Health-related Fitness Components

1. Use personal fitness data to develop an exercise and physical activity plan to improve fitness. `4.12.1`

Physiological Effects & Benefits of Physical Fitness

2. Analyze health and fitness benefits derived from participation in various physical activities. `4.12.2`