

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

3. Demonstrate opportunities at school for regular participation in physical activities. [3.12.3](#)

**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
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Physiological Effects & Benefits of Physical Fitness

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