

High School Level II: Grades 11-12

Demonstrates competency in a variety of motor skills and movement patterns. 1

Sports Skills and Games

- 1 The outcomes for 1.1. conclude at grade 8. 1.1. L2
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Dance, Movement, and Rhythmic Activities

- 2 Demonstrates refined movement skills and creative expression by choreographing a dance or by giving a performance. 1.2. L2
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Fitness Activities

- 3 Demonstrates proficiency and/or refines activity-specific movement skills in one or more fitness activities. 1.3. L2
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Lifetime Activities

- 4 Demonstrates proficiency and/or refines activity-specific movement skills in one or more lifetime activities. 1.4. L2
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Applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. 2

Movement Concepts

- 1 Demonstrates proficiency of movement concepts in a variety of physical activities. 2.1. L2
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Strategies and Tactics

- 2 Demonstrates proficiency of strategies and tactics in a variety of physical activities. 2.2. L2
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Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. 3

Fitness Planning

- 1 Designs and implements personal fitness plans, addressing goals that incorporate basic training principles that influence lifelong physical activity and fitness. 3.1. L2
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Additional Health-Enhancing Behaviors

- 2 Designs and implements action plans which address health-enhancing behaviors that influence lifelong physical activity and fitness. 3.2. L2
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Exhibits responsible personal and social

Self-awareness and management

- 1 Evaluates positive character traits in physical activity settings. 4.1. L2

behavior that respects self and others. 4

Social awareness and relationship skills

- 2 Evaluates the qualities of civility and citizenship in physical activity settings. 4.2. L2

Responsible decision making

- 3 Advocates for ethical decisions made in physical activity settings. 4.3. L2

Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression. 5

Overall Wellness

- 1 Evaluates the lifelong health benefits of self-selected physical activities throughout their physical literacy journey. 5.1. L2

Challenge

- 2 Evaluates the level of challenge of a self-selected physical activity. 5.2. L2

Self-Expression/Enjoyment

- 3 Evaluates the level of enjoyment of self-selected physical activities for lifelong participation. 5.3. L2

Recognizes career opportunities and manages personal and community resources related to physical activity and fitness to achieve and maintain overall wellness. 6

Personal and Community Resources

- 1 Evaluates the validity of claims made by commercial products or programs to enhance physical performance, fitness, and overall wellness. 6.1. L2

Careers

- 2 Evaluates personal and community resources to explore career options related to physical activity and fitness. 6.2. L2