North Carolina Physical Education

Ninth Grade

Motor Skills

1 Demonstrate motor skills and movement patterns needed to perform a variety of physical activities. 9.MS.1

1 Integrate specialized skills and combination skills appropriately during live game play. PE.9.MS.1.1

2 Implement appropriate strategies and tactics based on varying game conditions. PE.9.MS.1.2

3 Demonstrate basic and advanced skills to participate successfully in lifetime individual activities. PE.9.MS.1.3

4 Design and perform various movement combinations that demonstrate an understanding of rhythm and coordination to the beat of music. PE.9.MS.1.4

5 Apply correct technique for a variety of cardiorespiratory endurance, resistance training, and flexibility exercises that can lead into lifetime activity PE.9.MS.1.5

Movement Concepts

2 Demonstrate understanding of concepts that apply to the learning and performance of movement. 9.MC.2

1 Integrate concepts and principles related to movement and performance in static or dynamic settings. PE.9.MC.2.1

2 Adapt strategies and tactics based on game conditions and situations. PE.9.MC.2.2

3 Construct a plan to improve overall performance based on mechanics of movement principles. PE.9.MC.2.3

Health-Related Fitness

3 Demonstrate the knowledge and skills needed to achieve a health-enhancing level of physical activity and fitness. 9.HF.3

1 Apply FITT and training principles to improve a self-selected component of health-related fitness. PE.9.HF.3.1

2 Analyze factors that affect personal health and physical activity behaviors to determine appropriate goals and strategies to improve health-related outcomes. PE.9.HF.3.2

3 Design and implement a personal physical activity program, based on current physical activity and fitness status, that applies SMART goal setting, FITT, and training principles. PE.9.HF.3.3

4 Participate in targeted activities based on interests, accessibility, and personal goals to improve health-related fitness. PE.9.HF.3.4

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Personal/Social Responsibility

4 **Demonstrate responsible personal and social behavior that respects self and others.** 9.PR.4

1 Implement leadership skills to promote responsibility in self and others. PE.9.PR.4.1

2 Develop and execute group norms to establish and achieve group goals in competitive as well as cooperative physical activity settings. PE.9.PR.4.2

3 Apply relationship skills and strategies that promote team/group dynamics and inclusion. PE.9.PR.4.3

4 Model leadership skills, effective communication, problem solving, and conflict resolution to promote positive team/group dynamics. PE.9.PR.4.4