North Dakota Physical Education

Grades 9, 10, 11, 12

Adopted 2015

Demonstrates competency in a variety of motor skills and movement patterns.	**L1.** Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities. S1.H1.L1
	L1. Demonstrates competency in dance forms (e.g., ballet, modern, hip hop, tap) used in cultural (e.g., Scandinavian, Native American) and social occasions (e.g., weddings, celebrations). S1.H2.L1
	L1. Demonstrates competency in one or more specialized skills in fitness activities. S1.H3.L1
	L2. Refines activity-specific movement skills in one or more lifetime activities. S1.H1.L2
	L2. Demonstrates competence in a form of dance by choreographing a dance or by giving a performance. S1.H2.L2
	L2. Demonstrates competency in fitness activities. S1.H3.L2
Applies knowledge of concepts, principles, strategies and tactics related to movement and performance.	**L1.** Applies the terminology associated exercise and participation in selected lifetime activities, dance and rhythm, and fitness activities. S2.H1.L1
	L1. Applies movement concepts (e.g., describes the speed/accuracy trade-off in throwing and striking skills) and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a self-selected skill in lifetime activities, dance and rhythm, and fitness activities. S2.H2.L1
	L1. Applies a practice plan to improve performance for a self-selected skill. S2.H3.L1
	L1. Identifies examples of social and dance forms (e.g., ballet, modern, hip hop, tap). S2.H4.L1
	L2. Identifies and discusses the historical and cultural roles of games, sports, and dance in a society. S2.H1.L2
	L2. Explains movement concepts (e.g., describes the speed/accuracy trade-off in throwing and striking skills) and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a self-selected skill in lifetime activities, dance and rhythm, and fitness activities. S2.H2.L2

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	L2. Applies a practice plan to improve performance for a self-selected skill, (e.g., positive self-talk, visualization, relaxation). S2.H3.L2
	L2. Compares similarities and differences in various dance forms. S2.H4.L2
Demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.	**L1.** Explain the benefits of physically active lifestyle as it relates to a healthy active lifestyle (e.g., weight management, proper nutritional practices, blood pressure regulation, healthy self-image, improved confidence, stress reduction). S3.H1.L1
	L1. Evaluates the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. S3.H2.L1
	L1. Identifies issues associated with exercising in heat, humidity, and cold. S3.H3.L1
	L1. Evaluates activities that can be pursued in the local environment according to the benefits, social support network and participation requirements (e.g., cost of activity, available facilities, required equipment, required time, physical limitations). S3.H4.L1
	L1. Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle (e.g., life expectancy, healthcare costs, disease prevention). S3.H5.L1
	L1. Participates more than 3 times a week in a self-selected lifetime activity, rhythmic activities/dance or fitness activity outside of the school day, (e.g., intramural and interscholastic sports, parks and recreation leagues, health clubs, walking and biking). S3.H6.L1
	L1. Demonstrates appropriate technique in resistance-training machines and free weights. S3.H7.L1
	L1. Relates physiological responses to individual levels of fitness and nutritional balance S3.H8.L1
	L1. Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, Proprioceptive Neuromuscular Facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion). S3.H9.L1
	L1. Calculates target heart rate and applies that information to personal fitness plan S3.H10.L1
	L1. Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle (e.g., body composition-diabetes and heart disease, muscle strength-low back pain, proper nutritional practices, drug awareness). S3.H11.L1

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L1. **Designs a fitness program based on fitness assessment data including all components of health-related fitness (e.g., Presidential Youth Fitness Program, and other fitness programs) that enhances a healthy, active lifestyle** S3.H12.L1

L1. **Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle.** S3.H13.L1

L1. **Identifies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress.** S3.H14.L1

L2. **Investigates the relationships among physical activity, nutrition, and body composition.** S3.H1.L2

L2. **Analyzes and applies technology and social media as tools for supporting a healthy, active lifestyle.** S3.H2.L2

L2. **Applies rates of perceived exertion and principles of pacing during physical activity.** S3.H3.L2

L2. **Create a report that details activities that can be pursued in the local environment according to the benefits, social support network and participation requirements (e.g., cost of activity, available facilities, required equipment, required time, physical limitations).** S3.H4.L2

L2. **Analyzes the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings.** S3.H5.L2

L2. **Creates a plan, trains for and participates in a community event with a focus on physical activity (e.g., 5K, triathlon, tournament, dance performance, cycling event).** S3.H6.L2

L2. **Designs and implements a strength and conditioning program that develops balance in opposing muscle groups (agonist/antagonist) and supports a healthy, active lifestyle.** S3.H7.L2

L2. **Identifies the different energy systems used in a selected physical activity (e.g., adenosine triphosphate and phosphocreatine (ATP-PC), anaerobic/glycolysis, aerobic).** S3.H8.L2

L2. **Identifies the structure of skeletal muscle and fiber types as they relate to muscle development.** S3.H9.L2

L2. **Adjusts pacing to keep heart rate in the target zone, using available technology (e.g., pedometer, heart rate monitor), to self-monitor aerobic intensity.** S3.H10.L2

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Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan for activities for improvement, log of activities being done to

	reach goals, timeline for improvement). S3.H11.L2
	L2. Analyzes the components of skill-related fitness in relation to life and career goals, and designs an appropriate fitness program for those goals. S3.H12.L2
	L2. Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. S3.H13.L2
	L2. Applies stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. S3.H14.L2
Exhibits responsible personal and social behavior that respects self and others.	**L1.** Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. S4.H1.L1
	L1. Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance (e.g., respect for self and others, knowledge of rules, avoidance of inappropriate language, anger management, etiquette, fair play). S4.H2.L1
	L1. Uses communication skills and strategies that promote team or group dynamics. S4.H3.L1
	L1. Solves problems and thinks critically in physical activity or dance settings, both as an individual and in groups. S4.H4.L1
	L1. Applies best practices for participating safely in physical activity, exercise and rhythmic activities/dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). S4.H5.L1
	L1. Demonstrates competency in performing cardiopulmonary resuscitation (CPR) and associated skills (i.e., automated external defibrillator and first aid) gained through psychomotor skills practice based on current national guidelines. S4.H6.L1
	L2. Accepts differences between personal characteristics and the idealized body images and elite performance levels portrayed in various media. S4.H1.L2
	L2. Examines moral and ethical conduct in specific competitive situations (e.g., intentional fouls, performance-enhancing substances, gambling, current events in sport). S4.H2.L2
	L2. Assumes a leadership role (e.g., task or group leader, referee, coach) in a physical activity setting. S4.H3.L2
	L2. Accepts others' ideas, cultural diversity and body types by engaging in cooperative and collaborative movement projects. S4.H4.L2

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Justify best practices for participating safely in physical activity, exercise and rhythmic activities/dance (e.g., injury prevention, proper alignment, hydration,

	use of equipment, implementation of rules, sun protection). S4.H5.L2
Recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	**L1.** Analyzes the health benefits of a self-selected physical activity and proper nutrition. S5.H1.L1
	L1. Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity S5.H2.L1
	L1. Selects and participates in physical activities or rhythmic activities/dance that meet the need for self-expression and enjoyment S5.H3.L1
	L1. Identifies the opportunity for social support in a self-selected physical activity or rhythmic activities/dance. S5.H4.L1
	L2. Evaluates the health benefits of a self-selected physical activity and proper nutrition. S5.H1.L2
	L2. Chooses an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity. S5.H2.L2
	L2. Identifies the uniqueness of creative dance as a means of self-expression. S5.H3.L2
	L2. Evaluates the opportunity for social interaction and social support in a self-selected physical activity or dance. S5.H4.L2