Oregon Physical Education

Grades 9-12

Develops a variety of motor skills. 12.DMS	1 **Demonstrates activity-specific movement skills in a variety of lifetime sports and activities (e.g., aerobic/cardiovascular activities, outdoor pursuits, such as hiking and biking, individual performance activities, aquatics, net/wall games, target games).** 12.DMS.1
	2 **Demonstrates activity-specific movement skills in a variety of recreational and backyard games.** 12.DMS.2
	3 **Demonstrates activity-specific movement skills in a variety of outdoor pursuits.** 12.DMS.3
	4 **Demonstrates and creates movement sequences based on one or more forms of dance.** 12.DMS.4
	5 **Demonstrates appropriate technique in cardiovascular training.** 12.DMS.5
	6 **Demonstrates appropriate technique in muscular strength and endurance training.** 12.DMS.6
	7 **Demonstrates appropriate technique in flexibility training.** 12.DMS.7
	8 **Demonstrates appropriate technique in skill-related fitness training.** 12.DMS.8
	9 **Demonstrates water safety skills, including dry land or anti-drowning safety protocols. If a pool facility is available, demonstrates water safety and basic swimming skills.** 12.DMS.9
Applies knowledge related to movement and fitness concepts. 12.AMF	1 **Demonstrates knowledge of tactics and strategies within lifetime sports and activities.** 12.AMF.1
	2 **Demonstrates knowledge of tactics and strategies within recreational and backyard games.** 12.AMF.2
	3 **Demonstrates knowledge of tactics and strategies within outdoor pursuits.** 12.AMF.3
	4 **Applies knowledge of movement sequences to create or participate in one or more forms of dance.** 12.AMF.4
	5 **Analyzes how health and fitness will impact quality of life after high school.** 12.AMF.5

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	6 **Establishes a goal and creates a practice plan to improve performance for a self-selected skill.** 12.AMF.6
	7 **Applies the principles of exercise in a variety of self-selected lifetime physical activities.** 12.AMF.7
	8 **Designs and implements a plan that applies knowledge of aerobic, strength and endurance, and flexibility training exercises.** 12.AMF.8
	9 **Evaluates perceived exertion during physical activity and adjusts effort.** 12.AMF.9
	10 **Applies heart rate concepts to ensure safety and maximize health-related fitness outcomes.** 12.AMF.10
	11 **Discusses the benefits of a physically active lifestyle as it relates to young adulthood.** 12.AMF.11
	12 **Applies knowledge of rest when planning regular physical activity.** 12.AMF.12
	13 **Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g. overhand throw, back squat, archery).** 12.AMF.13
	14 **Identifies and discusses the historical and cultural roles of games, sports and dance in a society.** 12.AMF.14
	15 **Analyzes and applies technology as tools to support a healthy, active lifestyle.** 12.AMF.15
	16 **Identifies snacks and food choices that help and hinder performance, recovery, and enjoyment during physical activity.** 12.AMF.16
	17 **Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.** 12.AMF.17
Develops social skills through movement. 12.SSM	1 **Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.** 12.SSM.1
	2 **Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.** 12.SSM.2
	3 **Encourages and supports others through their interactions in a physical activity setting.** 12.SSM.3
	4 **Implements and provides feedback to improve performance without prompting from teacher.** 12.SSM.4
	ıalyzes the value of a specific physical activity in a variety of cultures. 12.SSM.5

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	6 **Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection).** 12.SSM.6
	7 **Thinks critically and solves problems in physical activity settings, both as an individual and in groups.** 12.SSM.7
	8 **Evaluates the effectiveness of leadership skills when participating in a variety of physical activity settings.** 12.SSM.8
Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. 12.PSB	1 **Selects and participates in physical activities (e.g. dance, yoga, aerobics) that meet the need for self-expression.** 12.PSB.1
	2 **Selects and participates in physical activities that meet the need for social interaction.** 12.PSB.2
	3 **Identifies and participates in physical activity that positively affects health.** 12.PSB.3
	4 **Chooses and participates in physical activity based on personal interests.** 12.PSB.4
	5 **Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging.** 12.PSB.5
	6 **Sets and develops movement goals related to personal interests.** 12.PSB.6
	7 **Analyzes factors on regular participation in physical activity after high school (e.g., life choices, economics, motivation, accessibility).** 12.PSB.7
	8 **Analyzes and applies self-selected techniques to manage one's emotions in a physical activity setting.** 12.PSB.8
	9 **Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful.** 12.PSB.9