Virginia Physical Education

Personal Fitness I/II

Motor Skill Development

1 **The student will demonstrate mastery of movement skills and patterns used to perform a variety of strength training, physical conditioning, and fitness-based activities.** PF.1

- a Demonstrate proficiency in personal fitness-related skills (strength training, physical conditioning, and fitness activities) through the execution of appropriate basic and advanced skills, use of knowledge related to an activity to enhance performance, development of motor skills for a high level of participation, consistent and correct performance of skills, understanding motor cues, appropriate spotting techniques, how to correct performance problems, displaying effort to learn and apply new skills, participating confidently with peers, applying skills to the development of a personal fitness program, possessing necessary physical fitness for moderate to vigorous participation, and correct selection of appropriate exercises based on personal goals and ability. PF.1.A
- b Explain the importance of and demonstrate proficiency in a variety of activities that contribute to improvement of each component of health-related and skill-related fitness. PF.1.B
- c Explain the relationship between health-related fitness activities and health problems, such as cardiovascular disease, obesity, and joint pain. PF.1.C
- d Demonstrate a variety of activities that contribute to the improvement of each component of skill-related fitness. PF.1.D
- e Demonstrate correct techniques, form, and exercise procedures when performing strength training, physical conditioning, and fitness activities and exercises. PF.1.E
- f Describe and demonstrate assessment activities that contribute to the development and improvement of health- and skill-related fitness components and personal fitness goals. PF.1.F
- g Apply movement principles and concepts to skill performance of strength training, physical conditioning, and fitness activities. PF.1.G

Anatomical Basis of Movement

2 **The student will describe major body systems and explain the effects of physical activity on the systems.** PF.2

- a Describe the muscular system, including identification of the major muscles/muscle groups of the body and their function. PF.2.A
- b Describe exercises/activities that increase the strength and flexibility of the muscular system. PF.2.B

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Describe the cardiovascular system, including identification of organs and their functions. PF.2.C

d Explain the effects of physical activity and training on the muscular and cardiovascular systems. PF.2.D

Fitness Planning

3 The student will create a personal fitness and conditioning program for skill- and healthrelated components of fitness. PF.3

a Design, monitor, assess, and modify a personal fitness and physical conditioning program that includes skill- and health-related fitness components to achieve and maintain a healthenhancing level of physical fitness for a lifetime. PF.3.A

b Apply principles of training (specificity, individualization, progressive overload and variation) for planning and modifying levels of physical activity in personal fitness and physical conditioning plans. PF.3.B

c Evaluate a variety of strength-training programs and design a personal strength-training program. PF.3.C

d Analyze different activities and sports for their contributions to the development of specific health- and skill-related fitness components. PF.3.D

e Use technology to assess, improve, and maintain personal health- and skill-related fitness levels. PF.3.E

f Evaluate fitness and physical conditioning programs, products, and services to become an informed consumer. PF.3.F

g Compare and evaluate competing arguments related to fitness products and services. PF.3.G

Social and Emotional Development

4 The student will demonstrate social-competency skills in physical activity settings. PF.4

a Explain and demonstrate appropriate etiquette that exhibits respects for self and others within school and recreational fitness activity settings PF.4.A

b Demonstrate safe practices, rules, and procedures in a physical activity setting. PF.4.B

c Explain the importance of inclusive and helpful behaviors in school and recreational fitness activity settings that promote feelings of belonging, acceptance, and value. PF.4.C

Energy Balance

5 The student will explain energy balance in relation to health-enhancing nutritional and activity practices. PF.5

a Analyze nutrient needs and sound nutritional practices associated with physical activity and fitness. PF.5.A

b Analyze the consequences and risks associated with an inactive lifestyle. PF.5.B

c Analyze the benefits gained from participation in strength training, conditioning, and fitness programs. PF.5.C

Explain the role of nutrition and fitness in relation to weight management. PF.5.D

Evaluate the risks of performance-enhancing (ergogenic) supplements. PF.5.E

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f Explain the potential consequences of energy imbalance (e.g., over-exercising, under eating, overeating, sedentary lifestyle). PF.5.F