Washington Health and Physical Education

Physical: Grades 9, 10, 11, 12

Adopted 2016

Students will demonstrate competency in a variety of motor skills and movement patterns.

1. **Games and Sports**
   - HS1. Demonstrate competency in activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS1
   - HS2. Refine activity-specific movement skills in two or more games and sports (invasion, net/wall, field/striking, target). PE1.1.HS2
2. **Individual-Performance Activities**
   - HS1. Demonstrate competency in activity-specific movement skills in two or more individual-performance activities. PE1.2.HS1
   - HS2. Refine activity-specific movement skills in two or more individual performance activities. PE1.2.HS2
3. **Outdoor Pursuits**
   - HS1. Demonstrate competency in activity-specific movement skills in two or more outdoor pursuits. PE1.3.HS1
   - HS2. Refine activity-specific movement skills in two or more outdoor pursuits. PE1.3.HS2

Students will apply knowledge of concepts, principles, strategies, and tactics related to movement and performance.

1. **Strategies and Tactics**
   - HS1. Develop an offensive and a defensive strategy for the purpose of game play. PE2.1.HS1
   - HS2. Create and apply multiple offensive and defensive strategies for game play. PE2.1.HS2
2. **Movement Performance**
   - HS1. Use movement concepts (force, motion, rotation) to analyze and improve performance of self or others in a selected skill. PE2.2.HS1
   - HS2. Use movement concepts to develop a plan to improve advanced performance skill in a self-selected skill. PE2.2.HS2
3. **Movement Concepts**
   - HS1. Assess critical elements and stages of learning a self-selected motor skill. PE2.3.HS1
   - HS2. Create plan to improve performance of a self-selected motor skill. PE2.3.HS2

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4. Training Principles and Knowledge

HS1. Apply training principles and knowledge (progression, specificity, overload, reversibility, diminishing return) to a self-selected activity. PE2.4.HS1

HS2. Apply training principles and knowledge to two or more self-selected activities. PE2.4.HS2

Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Benefit of Physical Activity

HS1. Investigate relationship between physical activity, nutrition, and body composition. PE3.1.HS1

HS2. Evaluate benefits of a physically active lifestyle as it relates to college or career productivity. PE3.1.HS2

2. Physical Activity in the Community

HS1. Investigate activities that can be pursued in the local environment. PE3.2.HS1

HS2. Evaluate (according to benefits, social support, and participation requirements) activities that can be pursued in the local environment. PE3.2.HS2

3. Physical Activity for a Lifetime

HS1. Evaluate risks and safety factors that might affect physical preferences throughout the life span. PE3.3.HS1

HS2. Evaluate barriers to physical activity throughout the life span and promote strategies to overcome them. PE3.3.HS2

4. Engagement in Physical Activity

HS1. Participate regularly in physical activity outside of the school day. PE3.4.HS1

HS2. Create a plan, train for, and participate in a community event with a focus on physical activity. PE3.4.HS2

5. Health-Related Fitness

a. Adjust intensity to keep heart rate in the target zone, calculate recovery heart rate, and use technology to monitor cardiorespiratory endurance. PE3.5.HS1.A

c. Use types of muscular strength and muscular endurance exercises (isometric, concentric, eccentric). PE3.5.HS1.C

b. Use types of flexibility exercises (static, dynamic). PE3.5.HS1.B

a. Analyze recovery heart rate in relationship to fitness level and overall health. PE3.5.HS2.A

b. Analyze types of muscular strength, muscular endurance, and flexibility exercises for personal fitness development. PE3.5.HS2.B

6. Training Principles

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HS1. Explain training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) and how they relate to fitness planning. PE3.6.HS1

HS2. Use training principles (overload, specificity, progression, reversibility, diminishing return, rest, and recovery) to design a personal workout. PE3.6.HS2

7. Engagement in Fitness Activities

HS1. Participate regularly in self-selected fitness activities outside of school. PE3.7.HS1

HS2. Participate regularly in a variety of self-selected fitness activities outside of school. PE3.7.HS2

8. Individual Plan

HS1. Design and implement a personal fitness and nutrition plan (assessment scores, goals for improvement, plan of activities for improvement, log of activities to reach goals, timeline for improvement). PE3.8.HS1

HS2. Design and implement a strength, conditioning, and nutrition plan that develops balance in opposing muscle groups (agonist and antagonist) and supports a healthy, active lifestyle to maintain or improve body composition. PE3.8.HS2

Students will exhibit responsible personal and social behavior that respects self and others.

1. Personal Responsibility

HS1. Demonstrate intrinsic motivation by selecting or planning opportunities to participate in physical activity inside and outside of school. PE4.1.HS1

HS2. Analyze barriers that prevent opportunities for physical activity inside and outside of school. PE4.1.HS2

2. Rules and Etiquette

HS1. Examine the importance of etiquette in athletics and elite sports. PE4.2.HS1

HS2. Examine moral and ethical conduct in specific competitive situations. PE4.2.HS2

3. Working with Others

HS1. Solve problems and think critically when working with others in physical activity, both as an individual and in groups. PE4.3.HS1

a. Assume a leadership role in a physical activity setting. PE4.3.HS2.A

b. Describe the importance of treating individuals with dignity and respect during physical activity. PE4.3.HS2.B

4. Safety

HS1. Demonstrate best practices for participating safely in physical activity and exercise. PE4.4.HS1

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HS2. Apply best practices for participating safely in physical activity and exercise. PE4.4.HS2

Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

1. **Challenge**

   HS1. Choose an appropriate level of challenge to experience success in a physical activity. PE5.1.HS1

   HS2. Choose an appropriate level of challenge to experience success in a self-selected physical activity. PE5.1.HS2

2. **Self-Expression and Enjoyment**

   HS1. Participate in a self-selected physical activity for self-expression and enjoyment. PE5.2.HS1

   HS2. Participate in a self-selected physical activity for self-expression and enjoyment. PE5.2.HS2

3. **Social Interaction**

   HS1. Identify opportunities for social interaction in a self-selected physical activity. PE5.3.HS1

   HS2. Evaluate opportunities for social interaction and social support in a self-selected physical activity. PE5.3.HS2