

High School

Development of Movement Forms/Motor Skills

- 1 Identify, practice and apply general skills and activity-specific skills to enhance motor proficiency. [PE.1](#)
- 2 Participate in a variety of competitive/non-competitive individual, dual, and team sports/activities. [PE.2](#)
- 3 Demonstrate offensive and defensive strategies while participating in individual, dual, and team sports/activities. [PE.3](#)
- 4 Perform a variety of dance and rhythmic activities. [PE.4](#)

Physical Activity

- 5 Identify physical activities that increase fitness levels in addition to physical education class. [PE.5](#)
- 6 Explain how physical activity participation patterns are likely to change throughout one's life span. [PE.6](#)
- 7 Identify a variety of regional outdoor adventure activities. [PE.7](#)
- 8 Identify and describe local, state, national and/or international fitness and recreational resources and organizations. [PE.8](#)
- 9 Assess the social, economic, cultural and environmental factors that impact physical activity. [PE.9](#)

Physical Fitness

- 10 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [PE.10](#)
- 11 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [PE.11](#)
- 12 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [PE.12](#)
- 13 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [PE.13](#)
- 14 Practice principles of training in the design and implementation of a personal fitness program (e.g. F.I.T.T. Principle, Progressive Overload, Muscle Recovery). [PE.14](#)

15 Compare and contrast the fitness values of various physical activities. PE.15

**Responsible Personal
and Social Behavior**

16 Examine potential risks of physical activity and determine how to minimize those risks. PE.16

17 Utilize responsible, considerate personal behaviors in physical activity settings. PE.17

18 Practice proper procedures and demonstrate etiquette and fair play in physical activity settings. PE.18

19 Explain the influence of peers on physical activity participation and performance. PE.19