Wisconsin Physical Education

HS 1

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

Dance and Rhythms

1 Compare and contrast different forms of dance/rhythms and how they relate to maintaining a health-enhancing level of fitness. PE.S1.H1.L1

Invasion Games: Throwing

2 Demonstrate proficiency in activity-specific throwing skills in two or more modified forms of small-sided invasion and fielding games, including those from other cultures. PE.S1.H2.L1

Invasion Games: Catching

3 Demonstrate proficiency in activity-specific catching skills in two or more small-sided invasion games, including those from other cultures. PE.S1.H3.L1

Invasion Games: Passing and Receiving

4 Demonstrate proficiency in activity-specific movement skills in two or more small-sided invasion games, including those from other cultures. PE.S1.H4.L1

Net/Wall Games

5 Demonstrate proficiency in activityspecific movement skills in two or more net/wall games, including those from other cultures. PE.S1.H5.L1

Target Games: Throwing

6 Demonstrate a mature throwing pattern in two or more target games, including those from other cultures. PE.S1.H6.L1

Target Games: Striking

7 Use long- or short-handled implement with mature form to strike object in one or more target games, including those from other cultures. PE.S1.H7.L1

Fielding and Striking Games

8 Demonstrate competency in movement patterns to connect with the object. PE.S1.H8.L1

Outdoor Pursuits/ Adventure Activities

9 Demonstrate activity-specific movement and technical skills in two or more selected outdoor activities. PE.S1.H9.L1

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Aquatics: Swim Skills

10 Demonstrate swim skills as described by the American Red Cross “Learn to Swim and Achieve” or any other nationally recognized swim program. Students may exhibit skills in any of the swim skill levels. PE.S1.H10.L1

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

Movement Concepts, Principles, and Knowledge

1 Identify movement concepts and principles (e.g., force, motion, and rotation) in a selected physical activity skill. PE.S2.H1.L1

2 Identify terminology associated with exercise and participation in selected individual performance activities, dance, net/wall games, target games, aquatics, and outdoor pursuits appropriately. PE.S2.H2.L1

3 Identify examples of historical and cultural roles within physical activity and dance forms. PE.S2.H3.L1

4 Use defensive and offensive strategies and tactics effectively in various activities. PE.S2.H4.L1

5 Identify the stages of learning motor skills for a variety of skills in a variety of different activities, including those from other cultures. PE.S2.H5.L1

Movement Concepts, Principles, and Knowledge: Aquatics

6 Identify the stages of learning for one or more swim strokes using BLABT (Body position first, then Legs, then Arms, then Breathing, last Timing). PE.S2.H6.L1

Net/Wall Games: Creating Space (through variation)

7 Use strategies and tactics (e.g., spacing and positioning) during game play in net/wall and target games, including those from other cultures with long- or short-handled Implement. PE.S2.H7.L1

Net/Wall Games: Use of Tactics and Shots

8 Use strategies and tactics to select appropriate offensive shots during net and wall games, including those from other cultures. PE.S2.H8.L1

Target Games: Shot Selection

9 Use strategies and tactics in shot selection while adjusting speed, force, and trajectory during various target activities. PE.S2.H9.L1

Fielding and Striking Games: Offensive and Defensive Strategies

10 Use offensive and defensive strategies in various situations in fielding and striking games, including those from other cultures. PE.S2.H10.L1

Fielding and Striking Games: Reducing Space

11 Discuss with classmates on how to find open spaces to maximize coverage on defense. PE.S2.H11.L1

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quatics: Safety

12 Students for grades 9-12 will demonstrate knowledge of all water safety concepts as outlined by the American Red Cross or any other nationally recognized swim program. PE.S2.H12.L1

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

Physical Activity Knowledge

1 Discuss the benefits of a physically active lifestyle as it relates to lifetime wellbeing and productivity. PE.S3.H1.L1

2 Evaluate the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. PE.S3.H2.L1

3 Identify issues associated with exercising in heat, humidity, and cold. PE.S3.H3.L1

4 Identify risks and safety factors that might affect physical activity preferences throughout the life cycle. PE.S3.H4.L1

Physical Activity Planning

5 Explore local community for physical activity opportunities. PE.S3.H5.L1

Fitness Knowledge

6 Demonstrate appropriate technique of functional fitness, using body weight exercises, resistance-training, and free weights. PE.S3.H6.L1

7 Relate physiological responses to individual levels of fitness and nutritional balance. PE.S3.H7.L1

8 Identify the structure of skeletal muscles and fiber types as they relate to muscle development. PE.S3.H8.L1

Fitness Knowledge: Cardio-respiratory

9 Calculates heart rate training zones using different heart rate formulas (220- age, Karvonen, and other evidencebased formulas), and uses zones to explore how various physical activities impact heart rate. PE.S3.H9.L1

Assessment and Program Planning

10 Analyze current personal and social wellbeing to create a plan to enhance or maintain at least two health-enhancing concepts. PE.S3.H10.L1

11 Identify the components of skill-related fitness and health-related fitness in relation to life and career goals. PE.S3.H11.L1

Nutrition

12 Explore nutritional program options available to consumers and compare and contrast the impact the choice may have on oneself. PE.S3.H12.L1

Stress Management

13 Identify stress-management strategies (e.g., mental imagery, relaxation techniques, deep breathing, aerobic exercise, meditation) to reduce stress. PE.S3.H13.L1

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..nowledge Application

14 Log weekly participation in a selfselected lifetime activity, dance, or fitness activity outside of the school day. PE.S3.H14.L1

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

Safety

1 Identify best practices for participating safely (e.g., injury prevention, hydration, use of equipment, implementation of rules and etiquette, sun protection) in physical activities, exercise, dance, and outdoor activities. PE.S4.H1.L1

Social Awareness: Procedures and Protocols

2 Exhibit procedures, protocols, and respect for others, and teamwork while engaging in physical activity. PE.S4.H2.L1

Social Awareness

3 Identify when others are being discriminated against and evaluate personal bias based on perceived differences. (WSEL 14) PE.S4.H3.L1

Self-Management: Goal Setting

4 Create short- and long-term health enhancing S.M.A.R.T. goals and create a plan to reach those goals. PE.S4.H4.L1

Relationship Skills: Feedback

5 Analyze feedback provided by a peer to determine accuracy using teachergenerated criteria. PE.S4.H5.L1

Relationship Skills: Conflict Resolution

6 Use communication skills and strategies that promote positive outcomes. PE.S4.H6.L1

Decision-making

7 Apply decision-making steps with consideration of well-being for self and others. PE.S4.H7.L1

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

Health and Wellbeing

1 Identify positive mental, social, and emotional aspects of participating in a variety of physical activities. PE.S5.H1.L1

Self-awareness Self-management: Challenge and Growth Mindset

2 Identify barriers to succeeding. (WSELC 11) PE.S5.H2.L1

Self-expression and Enjoyment

3 Explore and participate in physical activities or dance that meet the need for self-expression and enjoyment. PE.S5.H3.L1

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4 Explore and participate in enjoyable activities that promote individual selfexpression in a variety of environments and seasons (e.g., indoor/outdoor/water/snow/ice). PE.S5.H4.L1

Social Interaction

5 Identify verbal, physical, and environmental cues to help and encourage others in various physical activities. PE.S5.H5.L1

6 Identify community opportunities for social interaction and support in a variety of self-selected physical activities or dance. PE.S5.H6.L1