<table>
<thead>
<tr>
<th>ORGANIZING THEME/TOPIC</th>
<th>FOCUS STANDARDS &amp; SKILLS</th>
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<tr>
<td><strong>UNIT: MOTOR SKILLS</strong></td>
<td><strong>SKILLS</strong></td>
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| The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. | - Demonstrates a variety of swimming strokes, self-defense techniques, and dance patterns.  
- Uses a variety of skills appropriately within a game situation.  
- Selects and uses the appropriate offensive and defensive skills in a variety of individual, dual, and team activities.  
- Demonstrates the ability to safely and comfortably adapt to environmental conditions in a variety of outdoor pursuits. |
| **UNIT: LEARNING CONCEPTS** | **SKILLS**               |
| The student demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. | - Develops an appropriate conditions program for a self-selected gam and activity for lifetime engagement.  
- Explains appropriate tactical decisions in a game decision. |
| **UNIT: ACTIVE PARTICIPATION** | **SKILLS**               |
| The students participates regularly in physical activity. | - Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy and active lifestyle.  
- Accumulates, on most days, a recommended number of minutes of moderate to vigorous physical activity outside of physical education class.  
- Monitors physical activity through the use of a pedometer, heart rate monitor, and/or physical activity log, or other appropriate technology  
- Understands the ways in which personal characteristics, personal styles, and activity preferences will change over a lifespan. |
### UNIT: PHYSICAL FITNESS
The student achieves and maintains a health-enhancing level of physical fitness.

#### SKILLS
- Maintains appropriate levels of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition necessary for a healthy and productive life.
- Develops realistic short-term and long-term personal fitness goals.
- Assesses, interprets, and applies the health-related fitness components to personal physical fitness status.
- Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.
- Participates in a variety of physical activities appropriate for enhancing physical fitness.
- Plans a summer personal conditioning program.
- Explains the impact of participation in selected sports and activities on various components of fitness.

### UNIT: PERSONAL AND SOCIAL BEHAVIOR
The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.

#### SKILLS
- Participates successfully in a cooperative learning group in a variety of physical activity settings.
- Invites less skilled students to participate in physical activity.
- Encourages others to apply appropriate etiquette in all physical activity settings.
- Provides appropriate support for a teammate in a team activity.

### UNIT: ACTIVITY APPRECIATION
The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

#### SKILLS
- Displays persistence in learning new physical activities.
- Differentiates between intrinsic and extrinsic reasons for participating in physical activity.
- Integrates physical activity meaningfully into daily life.
- Reflects on reasons for choosing to participate in selected physical activities.