



Physical Education | Grade 9-12/General PE



ORGANIZING THEME/TOPIC

FOCUS STANDARDS & SKILLS

<p>UNIT: MOTOR SKILLS</p> <p>The student demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • 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.
<p>UNIT: LEARNING CONCEPTS</p> <p>The student demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.</p>	<p>SKILLS:</p> <ul style="list-style-type: none"> • Develops an appropriate conditions program for a self-selected gam and activity for lifetime engagement. • Explains appropriate tactical decisions in a game decision.
<p>UNIT: ACTIVE PARTICIPATION</p> <p>The students participates regularly in physical activity.</p>	<p>SKILLS:</p> <ul style="list-style-type: none"> • 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.

<p>UNIT: PHYSICAL FITNESS</p> <p>The student achieves and maintains a health-enhancing level of physical fitness.</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • 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.
<p>UNIT: PERSONAL AND SOCIAL BEHAVIOR</p> <p>The student exhibits responsible personal and social behavior that respects self and others in physical activity settings.</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • 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.
<p>UNIT: ACTIVITY APPRECIATION</p> <p>The student values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.</p>	<p>SKILLS</p> <ul style="list-style-type: none"> • 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.