

High School: Level 1

Motor Skills and Movement Patterns **S1.L1**

Lifetime Activities

- 1 Demonstrates competency and/or refines activity-specific movement skills in two or more lifetime activities (outdoor pursuits, individual-performance activities, invasion games, fielding and striking games, aquatics, net/wall games, or target games). **S1.L1.1**

Fitness Activities

- 2 Demonstrates competency in one or more specialized skills in health-related fitness activities. **S1.L1.2**

Concepts and Strategies **S2.L1**

Movement Concepts, Principles, and Knowledge

- 1a Applies the terminology associated with exercise and participation in selected individual-performance activities, net and wall games, target games, aquatics, invasion games, fielding and striking games, and/or outdoor pursuits appropriately. **S2.L1.1A**
- 1b Uses movement concepts and principles to analyze and improve performance of self and/or others in a selected skill. **S2.L1.1B**
- 1c Creates a practice plan to improve performance for a self-selected skill. **S2.L1.1C**
- 1d Identifies examples of social and technical dance forms. **S2.L1.1D**
- 1e Uses strategies and tactics effectively during game play in net, wall, and/or target games. **S2.L1.1E**

Health-Enhancing Level of Physical Activity and Fitness **S3.L1**

Physical Activity Knowledge

- 1a Discusses the benefits of a physically active lifestyle as it relates to college or career readiness. **S3.L1.1A**
- 1b Analyzes the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle. **S3.L1.1B**
- 1c Identifies issues associated with exercising in heat, humidity, and cold. **S3.L1.1C**
- 1d Analyzes — according to their benefits, social support network and participation requirements — activities that can be pursued in the local environment. **S3.L1.1D**
- 1e Analyzes the risks and safety factors that might affect physical activity preferences throughout the life cycle. **S3.L1.1E**

Fitness Knowledge

- 2a Demonstrates appropriate technique on resistance training machines and with free weights. **S3.L1.2A**
- 2b Relates physiological responses to individual levels of fitness and nutritional balance. **S3.L1.2B**
- 2c Identifies types of strength exercises and stretching exercises for personal fitness development. **S3.L1.2C**
- 2d Calculates target heart rate and applies that information to a personal fitness plan. **S3.L1.2D**

Assessment and Program Planning

- 3a Creates and implements a behavior-modification plan that enhances a healthy, active lifestyle in college or career settings. **S3.L1.3A**
- 3b Designs a fitness program, including all components of health-related fitness for a college student and/or an employee in the learner's chosen career. **S3.L1.3B**

Nutrition

- 4 Designs and implements a nutrition plan to maintain an appropriate energy balance for a healthy, active lifestyle. **S3.L1.4**

Stress Management

- 5 Identifies stress-management strategies to reduce stress. **S3.L1.5**

Responsible Personal and Social Behavior **S4.L1**

Personal Responsibility

- 1 Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. **S4.L1.1**

Rules and Etiquette

- 2 Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity and/or social dance. **S4.L1.2**

Working with Others

- 3a Uses communication skills and strategies that promote team or group dynamics. **S4.L1.3A**
- 3b Solves problems and thinks critically in physical activity and/or dance settings, both as an individual and in groups. **S4.L1.3B**

Safety

- 4 Applies best practices for participating safely in physical activity, exercise, and dance. **S4.L1.4**
-

**Recognizes the Value of
Physical Activity** S5.L1

Health

- 1 Identifies the health benefits of a self-selected physical activity. S5.L1.1
-

Challenge

- 2 Identifies an appropriate level of challenge needed to experience success and desire to participate in a self-selected physical activity. S5.L1.2
-

Self-Expression and Enjoyment

- 3 Identifies the uniqueness of creative dance as a means of self-expression. S5.L1.3
-

Social Interaction

- 4 Identifies the opportunity for social support in a self-selected physical activity or dance. S5.L1.4