

High School: Level 2

Motor Skills and Movement Patterns **S1.L2**

Lifetime Activities

- 1 Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual performance activities, invasion games, fielding and striking games, aquatics, net and wall games, or target games). **S1.L2.1**

Fitness Activities

- 2 Demonstrates competency in two or more specialized skills in health-related fitness activities. **S1.L2.2**

Concepts and Strategies **S2.L2**

Movement Concepts, Principles, and Knowledge

- 1a Identifies and discusses the historical and cultural roles of games, sports, and dance in a society. **S2.L2.1A**
- 1b Describes the speed-versus-accuracy trade-off in throwing and striking skills. **S2.L2.1B**
- 1c Identifies the stages of learning a motor skill. **S2.L2.1C**
- 1d Compares similarities and differences in various dance forms. **S2.L2.1D**
- 1e Analyzes errors in order to modify strategies and tactics in net, wall, and/or target games. **S2.L2.1E**

Health-Enhancing Level of Physical Activity and Fitness **S3.L2**

Physical Activity Knowledge

- 1a Investigates the relationships among physical activity, nutrition, and body composition. **S3.L2.1A**
- 1b Evaluates and applies technology and social media tools for supporting a healthy, active lifestyle. **S3.L2.1B**
- 1c Applies rates of perceived exertion and pacing. **S3.L2.1C**
- 1d Evaluates the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings. **S3.L2.1D**
- 1e Evaluates the risks and safety factors that might affect physical activity preferences throughout the life cycle. **S3.L2.1E**

Fitness Knowledge

- 2a Designs and implements a strength and conditioning program that develops balance in opposing muscle groups. [S3.L2.2A](#)
- 2b Identifies the different energy systems used in selected physical activities. [S3.L2.2B](#)
- 2c Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. [S3.L2.2C](#)
- 2d Adjusts pacing to keep heart rate in the target zone, using available technology to self-monitor aerobic intensity. [S3.L2.2D](#)

Assessment and Program Planning

- 3a Develops and maintains a fitness portfolio. [S3.L2.3A](#)
- 3b Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. [S3.L2.3B](#)

Nutrition

- 4 Creates a meal plan for before, during, and after exercise that addresses nutrition needs for each phase. [S3.L2.4](#)

Stress Management

- 5 Applies stress-management strategies to reduce stress. [S3.L2.5](#)

Responsible Personal and Social Behavior [S4.L2](#)

Personal Responsibility

- 1 Recognizes the difference between personal characteristics, idealized body images, and elite performance levels portrayed in various media. [S4.L2.1](#)

Rules and Etiquette

- 2 Examines moral and ethical conduct in specific competitive situations. [S4.L2.2](#)

Working with Others

- 3a Demonstrates a leadership role in a physical activity setting. [S4.L2.3A](#)
- 3b Engages with others in cooperative and collaborative movement projects. [S4.L2.3B](#)

Safety

- 4 Applies best practices for participating safely in physical activity, exercise, and dance, including injury prevention, proper alignment, hydration, and use of equipment. [S4.L2.4](#)

Recognizes the Value of Physical Activity [S5.L2](#)

Health

- 1 Analyzes the health benefits of a self-selected physical activity. [S5.L2.1](#)

Challenge

- 2 Chooses an appropriate level of challenge needed to experience success and desire to participate in a self-selected physical activity. [S5.L2.2](#)

Self-Expression and Enjoyment

- 3 Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. [S5.L2.3](#)

Social Interaction

- 4 Evaluates the opportunity for social interaction and social support in a self-selected physical activity. [S5.L2.4](#)