

Grade 9

Adopted 2013

Demonstrate competency in motor skills and movement patterns/concepts needed to perform a variety of physical activities.

Demonstrate proficiency in numerous movement forms.

Use technology to evaluate a variety of movement forms.

Demonstrate understanding of movement principles, strategies, and tactics as they apply to the learning, development and performance of physical activities.

Identify and analyze the movement skills of self and peers during various physical activities.

Design self-improvement plan to achieve a higher skill level in a movement activity.

Participates regularly in physical activity.

Recognize the value of participating in vigorous activities over a sustained period of time.

Establish personal physical activity goals based on previous assessments.

Achieve and maintain a health-enhancing level of physical fitness.

Participate in a nationally recognized fitness test to assess personal fitness.

Utilize various resources including technology to enhance personal fitness.

Design and participate in a personal fitness program.

Exhibit responsible personal and social behavior that respect self and others in physical activity settings.

Apply rules, procedures, and safe practices based upon teacher instruction.

Demonstrate sportsmanship and fair play during physical activities.

Recognize and understand the value of cultural diversity in physical activity.

Develop strategies for including persons with different ability levels.

Value physical activity for health, enjoyment, challenge, self-

Participate regularly in health enhancing and self-rewarding physical activities.

**expression, and/or
social interaction.**

**Recognize the extensive variety of physical activities, including those that will
challenge the traditional notion of physical fitness.**