

# Grades 9-12

**Develops a variety of motor skills.** 12.DMS

- 1 Demonstrates activity-specific movement skills in a variety of lifetime sports and activities (e.g., aerobic/cardiovascular activities, outdoor pursuits, such as hiking and biking, individual performance activities, aquatics, net/wall games, target games).** 12.DMS.1

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- 2 Demonstrates activity-specific movement skills in a variety of recreational and backyard games.** 12.DMS.2

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- 3 Demonstrates activity-specific movement skills in a variety of outdoor pursuits.** 12.DMS.3

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- 4 Demonstrates and creates movement sequences based on one or more forms of dance.** 12.DMS.4

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- 5 Demonstrates appropriate technique in cardiovascular training.** 12.DMS.5

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- 6 Demonstrates appropriate technique in muscular strength and endurance training.** 12.DMS.6

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- 7 Demonstrates appropriate technique in flexibility training.** 12.DMS.7

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- 8 Demonstrates appropriate technique in skill-related fitness training.** 12.DMS.8

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- 9 Demonstrates water safety skills, including dry land or anti-drowning safety protocols. If a pool facility is available, demonstrates water safety and basic swimming skills.** 12.DMS.9

**Applies knowledge related to movement and fitness concepts.** 12.AMF

- 1 Demonstrates knowledge of tactics and strategies within lifetime sports and activities.** 12.AMF.1

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- 2 Demonstrates knowledge of tactics and strategies within recreational and backyard games.** 12.AMF.2

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- 3 Demonstrates knowledge of tactics and strategies within outdoor pursuits.** 12.AMF.3

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- 4 Applies knowledge of movement sequences to create or participate in one or more forms of dance.** 12.AMF.4

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- 5 Analyzes how health and fitness will impact quality of life after high school.** 12.AMF.5

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- 6 Establishes a goal and creates a practice plan to improve performance for a self-selected skill.** 12.AMF.6

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  - 7 Applies the principles of exercise in a variety of self-selected lifetime physical activities.** 12.AMF.7

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  - 8 Designs and implements a plan that applies knowledge of aerobic, strength and endurance, and flexibility training exercises.** 12.AMF.8

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  - 9 Evaluates perceived exertion during physical activity and adjusts effort.** 12.AMF.9

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  - 10 Applies heart rate concepts to ensure safety and maximize health-related fitness outcomes.** 12.AMF.10

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  - 11 Discusses the benefits of a physically active lifestyle as it relates to young adulthood.** 12.AMF.11

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  - 12 Applies knowledge of rest when planning regular physical activity.** 12.AMF.12

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  - 13 Applies movement concepts and principles (e.g., force, motion, rotation) to analyze and improve performance of self and/or others in a selected skill (e.g. overhand throw, back squat, archery).** 12.AMF.13

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  - 14 Identifies and discusses the historical and cultural roles of games, sports and dance in a society.** 12.AMF.14

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  - 15 Analyzes and applies technology as tools to support a healthy, active lifestyle.** 12.AMF.15

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  - 16 Identifies snacks and food choices that help and hinder performance, recovery, and enjoyment during physical activity.** 12.AMF.16

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  - 17 Demonstrates knowledge of water safety skills. Demonstrates knowledge of basic swimming skills.** 12.AMF.17
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**Develops social skills through movement.** 12.SSM

- 1 Demonstrates awareness of other people's emotions and perspectives in a physical activity setting.** 12.SSM.1

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- 2 Exhibits proper etiquette, respect for others, and teamwork while engaging in physical activity.** 12.SSM.2

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- 3 Encourages and supports others through their interactions in a physical activity setting.** 12.SSM.3

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- 4 Implements and provides feedback to improve performance without prompting from teacher.** 12.SSM.4

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- 5 Analyzes the value of a specific physical activity in a variety of cultures.** 12.SSM.5

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**6 Applies best practices for participating safely in physical activity (e.g., injury prevention, spacing, hydration, use of equipment, implementation of rules, sun protection). 12.SSM.6**

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**7 Thinks critically and solves problems in physical activity settings, both as an individual and in groups. 12.SSM.7**

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**8 Evaluates the effectiveness of leadership skills when participating in a variety of physical activity settings. 12.SSM.8**

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**Develops personal skills, identifies personal benefits of movement, and chooses to engage in physical activity. 12.PSB**

**1 Selects and participates in physical activities (e.g. dance, yoga, aerobics) that meet the need for self-expression. 12.PSB.1**

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**2 Selects and participates in physical activities that meet the need for social interaction. 12.PSB.2**

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**3 Identifies and participates in physical activity that positively affects health. 12.PSB.3**

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**4 Chooses and participates in physical activity based on personal interests. 12.PSB.4**

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**5 Chooses and successfully participates in self-selected physical activity at a level that is appropriately challenging. 12.PSB.5**

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**6 Sets and develops movement goals related to personal interests. 12.PSB.6**

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**7 Analyzes factors on regular participation in physical activity after high school (e.g., life choices, economics, motivation, accessibility). 12.PSB.7**

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**8 Analyzes and applies self-selected techniques to manage one's emotions in a physical activity setting. 12.PSB.8**

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**9 Reflects on movement experiences during physical education to develop understanding of how movement is personally meaningful. 12.PSB.9**

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