

Grades 9, 10, 11, 12

Adopted 2014

Movement: The physically literate individual demonstrates competency and applies knowledge of a variety of movement skills, movement patterns, concepts, principles, and strategies/tactics as they apply to the learning and performance of physical activities.

1. Students demonstrate combined movement skills and patterns in specialized settings. PE 12.1.1

2. Students demonstrate specialized manipulative skills in team activities. PE 12.1.2

3. Students demonstrate specialized skills in individual, dual, or lifetime activities. PE 12.1.3

4. Students apply specialized tactical concepts and performance principles in team activities. PE 12.1.4

5. Students apply specialized tactical concepts and performance principles in individual, dual, or lifetime activities. PE 12.1.5

6. Students evaluate specialized skills used by self/others in team activities. PE 12.1.6

7. Students evaluate specialized skills used by self/others in individual, dual, or lifetime activities. PE 12.1.7

8. Students evaluate the use of specialized strategies and tactics in a variety of physical activities. PE 12.1.8

Fitness: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

1. Students create, monitor, and evaluate a personal plan using current levels of fitness and physical activity. PE 12.2.1

2. Students evaluate the health benefits of a variety of physical activities PE 12.2.2

3. Students create, monitor, and evaluate a plan applying the principles and components of health-related fitness. PE 12.2.3

4. Students engage in a variety of physical activities that will enhance health-related fitness (inside and/or outside of school). PE 12.2.4

5. Students will use criteria to critique fitness-related products, technology, and resources related to fitness literacy. PE 12.2.5

Personal and Social Behavior: The physically literate individual exhibits responsible personal and social behavior that respects self and others and recognizes the value of physical activity for challenge, self-expression, and/or social interaction.

- 1. Students demonstrate leadership by holding self and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings. PE 12.3.1**

- 2. Students initiate responsible personal social behavior and positively influence the behavior of others in physical activity settings. PE 12.3.2**

- 3. Students use physical activity to promote personal growth, goal setting, and enjoyment. PE 12.3.3**

- 4. Students pursue physical activities that promote self-expression and provide opportunities for social and group interaction. PE 12.3.4**