



Course Title: 9th-10th Grade PE		
<p>Description: The goal of physical education is to develop physically literate individuals who have the knowledge, skills and confidence to enjoy a lifetime of healthy physical activity.</p> <p>To pursue a lifetime of healthful physical activity, a physically literate individual:</p> <ul style="list-style-type: none"> • Learn the skills necessary to participate in a variety of physical activities. • Knows the implications and the benefits of involvement in various types of physical activities. • Participates regularly in physical activity. • Is physically fit. • Values physical activity and its contributions to a healthy lifestyle. 		
Reporting Topic	Grade Level Standards	Competency Statement
<u>Motor Skill and Movement Patterns</u>	<ul style="list-style-type: none"> • Demonstrates competency and/or refines activity-specific movement skills in 2 or more lifetime activities (outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games). (S1.H1.L1) • Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1) 	Students will correctly and safely perform the skills related to the activity I am doing.
<u>Fitness Knowledge</u>	<ul style="list-style-type: none"> • Applies rates of perceived exertion and pacing. (S3.H3.L2) • Evaluates — according to their benefits, social support network and participation requirements — activities that can be pursued in the local environment. (S3.H4.L1) • Evaluates risks and safety factors that might affect physical activity preferences throughout the life cycle. (S3.H5.L1) • Demonstrates appropriate technique on resistance training machines and with free weights. (S3.H7.L1) • Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1) • Develops and maintains a fitness portfolio (e.g., assessment scores, goals for improvement, plan of activities for improvement, log of activities being done to reach goals, timeline for improvement). (S3.H11.L2) • Identifies stress-management strategies (e.g., mental imagery, relaxation 	Students will set an appropriate fitness goal and monitor that goal with appropriate methods.



	<p>techniques, deep breathing, aerobic exercise, meditation) to reduce stress. (S3.H14.L1)</p>	
<p><u>Responsible Personal and Social Behavior</u></p>	<ul style="list-style-type: none">• Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity and/or social dance. (S4.H2.L1)• Uses communication skills and strategies that promote team or group dynamics. (S4.H3.L1)• Applies best practices for participating safely in physical activity, exercise and dance (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection). (S4.H5.L1)	<p>Students will engage in fitness activities safely while caring for the equipment and displaying positive communication and respect with my classmates.</p>