

# Physical Education

**At the end of the school year, students will be able to...**

**GOAL 19**  
**Physical Development**  
**and Health**

**Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.**

**STANDARD A**

**Demonstrate physical competency in individual and team sports, creative movement and leisure work-related activities.**

- \_\_\_\_\_ Throw, catch, kick and strike using mature form.
- \_\_\_\_\_ Dribble and pass a ball to a moving receiver.
- \_\_\_\_\_ Balance with control on a variety of objects.
- \_\_\_\_\_ Use safe methods to recover from unstable feet-to-hands transfers of weight.
- \_\_\_\_\_ Design, refine, and perform gymnastics sequences that focus on changes in force, flow, and speed.
- \_\_\_\_\_ Jump off low equipment, land, and roll.
- \_\_\_\_\_ Design, refine, and perform group dance and gymnastics sequences that focus on using symmetrical or asymmetrical body shapes using qualities of force, flow, or speed to creatively express feelings, ideas, and actions through dance and other expressive movement sequences.
- \_\_\_\_\_ Combine two or more movement patterns into repeatable sequences of traveling, manipulating an object, and space awareness concepts (levels and pathways) to a counted out beat or music.
- \_\_\_\_\_ Combine basic locomotor and non-locomotor patterns into a sequence with control.
- \_\_\_\_\_ Demonstrate control while performing manipulative skills.

**STANDARD B**

**Analyze various movement concepts and applications.**

- \_\_\_\_\_ Accurately recognize the critical elements of a skill made by a fellow student and provide feedback to that student.
- \_\_\_\_\_ Consistently strike a softly thrown ball with a bat or paddle demonstrating appropriate principles of movement.
- \_\_\_\_\_ Use repetition of a skill to improve performance.
- \_\_\_\_\_ Recognize similarities in movement patterns from sport to sport (overhand throw, football throw, overhand strike, etc.).
- \_\_\_\_\_ Participates in a wide variety of physical activities without interfering with others or with objects.
- \_\_\_\_\_ Identify biomechanical principles of movement related to weight transfer, balance, absorption, and application of force.

**STANDARD C****Demonstrate knowledge of rules, safety and strategies during physical activity.**

- \_\_\_\_\_ Follow, with few reminders, activity-specific rules, procedures, and etiquette.
- \_\_\_\_\_ Utilize safety principles in activity situations.
- \_\_\_\_\_ Use equipment safely and appropriately.
- \_\_\_\_\_ Demonstrate offensive, defensive, and cooperative strategies in activities, sports, and games.
- \_\_\_\_\_ Follow directions and stay on task while working independently.

**GOAL 20  
Physical Development  
and Health****Achieve and maintain a health-enhancing level of physical fitness based on continual self-assessment.****STANDARD A****Know and understand the principles and components of health-related fitness.**

- \_\_\_\_\_ Recognize that physical activity is good for personal well-being.
- \_\_\_\_\_ Identify feelings that result from participation in physical activities.
- \_\_\_\_\_ Participate regularly in vigorous physical activity.
- \_\_\_\_\_ Identify the physical changes that occur as a result of various physical activities.
- \_\_\_\_\_ Identify and understand the principles of health-related fitness (cardio-respiratory, muscular endurance, flexibility, muscular strength).

**STANDARD B****Assess individual fitness levels.**

- \_\_\_\_\_ Participate in pre and post physical fitness testing.
- \_\_\_\_\_ Manually find resting heart rate.
- \_\_\_\_\_ Determine target heart rate.
- \_\_\_\_\_ Recognize the benefits of each individual test.

**STANDARD C****Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.**

- \_\_\_\_\_ Accurately identify what skill or fitness component needs remediation.
- \_\_\_\_\_ Select an appropriate way to work on the skill or fitness component.
- \_\_\_\_\_ Pursue work on the identified skill or fitness component.
- \_\_\_\_\_ Engage in appropriate activity that results in the development of muscular strength.
- \_\_\_\_\_ Maintain continuous aerobic activity for a specified time and/or activity.
- \_\_\_\_\_ Support, lift, and control body weight in a variety of activities.
- \_\_\_\_\_ Regularly participate in physical activity for the purpose of improving physical fitness.
- \_\_\_\_\_ List health-related goals based on fitness assessments.

**GOAL 21**  
**Physical Development**  
**and Health**

**Develop team-building skills by working with others through physical activity.**

**STANDARD A** **Demonstrate individual responsibility during group physical activities.**

- \_\_\_\_\_ Move with group quickly to get organized and start practice within a short time of the signal to begin.
- \_\_\_\_\_ Stay focused and on task for the time allocated for the practice as a group.
- \_\_\_\_\_ Accept responsibility for their own actions in group physical activities.
- \_\_\_\_\_ Discuss the benefits of having rules when participating in physical activity.

**STANDARD B** **Demonstrate cooperative skills during structured group physical activity.**

- \_\_\_\_\_ Follow all posted rules and consequences while working in a group physical activity.
- \_\_\_\_\_ Demonstrate good sportsmanship irregardless of who made a mistake in an organized group activity.
- \_\_\_\_\_ Display behavior that focuses on the good of the group rather than on the individual.
- \_\_\_\_\_ Complete a task with a partner or small group in a given amount of time with no teacher intervention.

**GOAL 23**  
**Physical Development**  
**and Health**

**Understand human body systems and factors that influence growth and development.**

**STANDARD A** **Describe and explain the structure and functions of the human body systems and how they interrelate.**

- \_\_\_\_\_ Identify and understand the functions of joints, bones and muscles.
- \_\_\_\_\_ Label and understand the functions of the respiratory and circulatory system.