

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.

- _____ Demonstrate proper form in locomotor, non-locomotor, and manipulative motor patterns.
- _____ Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.
- _____ Travel and smoothly move into transfers of weight from feet-to-hands.
- _____ Purposefully use pathways, levels, directions, and extensions to change the continuity or flow and add variety to a gymnastics or dance sequence.
- _____ Balance on low equipment (beam or bench) in positions using a variety of bases of support.
- _____ Roll smoothly in a forward direction.
- _____ Use different shapes to begin and end rolls when rolling in different directions.
- _____ Balance in a variety of upright or inverted positions, move slightly into a roll, then balance again.
- _____ Travel, jump over low equipment, land, and roll.
- _____ Use the qualities of force, flow, and speed to creatively express feelings, ideas, and actions of the self, others, or group of others through the use of body shapes.
- _____ Design, refine, and perform dance sequences in a small group focusing on using different body shapes and body movements.
- _____ Throw, catch, kick, volley, dribble and strike using mature form.
- _____ Jump a self-turned rope using as many different types of jump as possible.
- _____ Design and refine a repeatable routine solo or with a partner using various jumping skills, other movements, and objects.

STANDARD B

Analyze various movement concepts and applications.

- _____ Consistently kick or strike a stationary object, or an object thrown to them using equipment, or body part, and demonstrate correct principles (application of force, weight transfer, equilibrium).
- _____ Consistently catch and bounce an object using correct motor principles (absorption of force).
- _____ Practice combinations of sport related skills using correct form.
- _____ List specific elements of proper form for various sport skills.
- _____ Use vocabulary specific to activities, games, or sport.
- _____ Define additional biomechanical principles (spin, rebound).
- _____ Apply concepts of effort, flow, space, and time into establishment of mechanically correct form (moving into position, balanced base, preparatory phase, movement phase, follow through, return to base).

STANDARD C

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

- _____ Understand and obey rules and safety principles before, during and after physical activity.
- _____ Identify offensive, defensive, and cooperative strategies in selected activities and games.
- _____ Define the components of good sportsmanship.

**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.

- _____ Describe the benefits of maintaining a health-enhancing level of fitness.
- _____ Identify fitness activities to enhance healthy living outside of the school environment.

STANDARD B

Assess individual fitness levels.

- _____ Determine heart rate without the use of technology.
- _____ Use heart rate to determine target heart rate.
- _____ Discuss concepts related to target heart rate.
- _____ Participate in pre and post physical fitness testing.

STANDARD C

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

- _____ Demonstrate the relationship between movement and health related fitness component such as running (cardio-respiratory), tug of war (strength).
- _____ Analyze their fitness testing scores and determine where they need to work and where they are doing well.

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.**

- _____ Accept responsibility for their own actions in group physical activities.
- _____ Move quickly in an organized fashion and begin practicing when the teacher gives instructions.
- _____ Work cooperatively with others in a group to improve skill levels.
- _____ List the different positions in an activity, game, or sport.
- _____ Create rules for physical activity (design a game).

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

- _____ Work cooperatively with a partner or small group to reach a shared goal during physical activity.
- _____ Maintain focus and stay on task for the time allotted for practice.
- _____ Respect decisions made by others in activity concerning rules, procedures, and process.

GOAL 23
Physical Development
and Health

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

STANDARD B **Explain the effects of health-related actions on the body system.**

- _____ Discuss proper drug use versus drug abuse (D.A.R.E. Program).

GOAL 24
Physical Development
and Health

Promote and enhance health and well-being through the use of effective communication and decision-making skills.

STANDARD C **Demonstrate skills essential to enhancing health and avoiding dangerous situations.**

- _____ Demonstrate refusal skills within the context of dangerous situations (D.A.R.E. Program).