

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 control when performing loco-motor movement in team and individual sports and activities.
- _____ Demonstrate correct form during selected sports.
- _____ Apply sport skills in game situations.
- _____ Demonstrate a variety of skill competencies in team and individual sports and activities.
- _____ Develop a sequence of creative movements to a beat.

STANDARD B

Analyze various movement concepts and applications.

- _____ Combine knowledge of basic skills and strategies in loco-motor and non-locomotor movement and manipulative patterns in selected activities and sports.
- _____ Detect, analyze and correct errors in movement patterns.
- _____ Explain how to alter the outcome of a skill by application of a biomechanical principle.
- _____ Observe and evaluate skill and performance of a classmate and identify the correct use of mechanical form.

STANDARD C

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

- _____ Demonstrate good sportsmanship.
- _____ Engage in safe practices.
- _____ Apply rules to games, activities, and sports.
- _____ Practice offensive, defensive, and cooperative strategies used during games, activities, or sports.

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.

- _____ Explain the effects of various exercises and physical activities in health and fitness.
- _____ Apply principles of FITT to warm-up, cool down and elements of workout.
- _____ Participate in a progression of activities that will maintain or improve personal fitness levels on a daily basis.
- _____ Identify the relationship between fitness and performance.
- _____ Use appropriate vocabulary to identify the principles of health-related fitness.

STANDARD B

Assess individual fitness levels.

- _____ Evaluate fitness scores using health-related test norms.
- _____ Select activities to improve physical fitness levels.
- _____ Record individual resting, target and recovery heart rates during selected fitness activities.

STANDARD C

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

- _____ Set personal short and long term goals from health related fitness scores.
- _____ Apply the principles of daily exercise to the health related fitness goals.
- _____ Record scores, and monitor progress.
- _____ Identify opportunities and facilities within the community for regular participation in physical activities (swimming, community walks and runs, park district programs).

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.**

- _____ Remain on task when participating in group until a task is complete.
- _____ Demonstrate positive behaviors that contribute to the success of a group.
- _____ Demonstrate safety rules that apply during group activity.
- _____ Recognize the role an individual plays in group activity.
- _____ Examine how to change the rules of an activity or game in order to include every participant.

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

- _____ Respect the performance of others.
- _____ Identify strengths and weaknesses of roles played during cooperative group physical activity.
- _____ Explain boundaries, directions, and rules of a given task or game prior to the group physical activity.