

As a result of this course, students will be able to . . .

### Goal 19

***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 and work-related activities.**

- \_\_\_\_\_ Demonstrate control when performing activities, games, and sports.
- \_\_\_\_\_ Refine the ability to travel in forward and sideways directions using a variety of loco-motor and non-loco-motor patterns.
- \_\_\_\_\_ Use correct form and skills during selected sports.
- \_\_\_\_\_ Apply sport skills in game-like situations using correct form.

#### STANDARD B

**Analyze various movement concepts and applications.**

- \_\_\_\_\_ Compare and contrast efficient and inefficient movement patterns.
- \_\_\_\_\_ Exhibit mechanically correct movement during a variety of activities, games, or sports.
- \_\_\_\_\_ Perform a variety of complex motor activities and movement patterns.
- \_\_\_\_\_ Explain how to alter the outcome of a skill by application of a biomechanical principle.

#### STANDARD C

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

- \_\_\_\_\_ Use vocabulary specific to activities, games, or sports.
- \_\_\_\_\_ Use equipment properly and safely.
- \_\_\_\_\_ Work safely and cooperatively with others while performing skills.
- \_\_\_\_\_ Identify offensive, defensive, and cooperative strategies in activities, games, and sports.
- \_\_\_\_\_ Define the elements of good sportsmanship.

### Goal 20

***Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.***

#### STANDARD A

**Know and apply the principles and components of health-related fitness.**

- \_\_\_\_\_ Participate regularly in health enhancing physical activities.
- \_\_\_\_\_ Perform physical activities that will benefit cardiovascular fitness, flexibility, muscular strength and endurance.

#### STANDARD B

**Assess individual fitness levels.**

- \_\_\_\_\_ Match recognized assessments of health-related fitness (e.g., Presidential Physical Fitness Tests) to corresponding elements of fitness
- \_\_\_\_\_ Evaluate and discuss fitness scores throughout the school year

#### STANDARD C

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

- \_\_\_\_\_ Discuss the relationship between daily physical activities and their relationship to physical fitness.
- \_\_\_\_\_ Analyze fall fitness data to determine what areas to emphasize during daily fitness exercises.
- \_\_\_\_\_ Set a realistic personal goal specific to physical fitness.

### Goal 21

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

#### STANDARD A

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

- \_\_\_\_\_ Recognize the role an individual plays in group physical activity.
- \_\_\_\_\_ Accept responsibility for own actions during group physical activities.
- \_\_\_\_\_ Follow the rules and safety procedures for class, as well as for the particular activity of the day.
- \_\_\_\_\_ Demonstrate the ability to remain on task when participating in physical activity.

#### STANDARD B

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

- \_\_\_\_\_ Work cooperatively with others.
- \_\_\_\_\_ Respect decisions made by others in activities concerning rules, procedures, and processes.
- \_\_\_\_\_ Recognize and respect individual differences in performance in group activities.