

High School Physical Education

Power Standard: Students will participate in a variety of sports, identify motor and movement skills, and participate in FITNESSGRAM and make individual plan as necessary.		
PE.HS.1.01	Participate in a variety of team sports (e.g. Volleyball, basketball, soccer).	Performance
PE.HS.1.02	Participate in a variety of competitive/non-competitive individual and dual activities (e.g., tennis, golf, archery).	
	<ul style="list-style-type: none"> Participate in a variety of competitive individual activities 	Performance
	<ul style="list-style-type: none"> Participate in a variety of competitive dual activities 	Performance
	<ul style="list-style-type: none"> Participate in a variety of non-competitive individual activities 	Performance
	<ul style="list-style-type: none"> Participate in a variety of non-competitive dual activities 	Performance
PE.HS.2.01	Identify, practice and apply discipline-specific skills (e.g., overhand serve, opposite hand-opposite foot, body balance, posture)	
	<ul style="list-style-type: none"> Identify discipline-specific skills 	Knowledge
	<ul style="list-style-type: none"> practice discipline-specific skills 	Performance
	<ul style="list-style-type: none"> apply discipline-specific skills 	Reasoning
PE.HS.2.02	recognize and perform movement skills that enhance motor development proficiency (e.g., body mechanics, balance)	
	<ul style="list-style-type: none"> perform movement skills that enhance motor development proficiency 	Performance
	<ul style="list-style-type: none"> recognize movement skills that enhance motor development proficiency 	Knowledge
PE.HS.2.03	identify and explain specific motor skills (e.g., dribbling, passing, follow through) and incorporate into personal performances.	
	<ul style="list-style-type: none"> Identify specific motor skills 	Knowledge
	<ul style="list-style-type: none"> Explain specific motor skills 	Performance
PE.HS.4.01	perform at the gender and age-appropriate health-related fitness standards defined in FITNESSGRAM.	
	<ul style="list-style-type: none"> perform at the gender-appropriate health-related fitness standards defined in Fitnessgram. 	Performance
	<ul style="list-style-type: none"> perform at the age-appropriate health-related fitness standards defined in Fitnessgram. 	Performance

PE.HS.4.02	interpret and compare personal fitness related to the five components of fitness: cardiovascular fitness, muscular strength, muscular endurance, body composition, and flexibility.	
	<ul style="list-style-type: none"> • Interpret personal fitness related to cardiovascular fitness 	Reasoning
	<ul style="list-style-type: none"> • Interpret personal fitness related to muscular strength 	Reasoning
	<ul style="list-style-type: none"> • Interpret personal fitness related to muscular endurance 	Reasoning
	<ul style="list-style-type: none"> • Interpret personal fitness related to body composition 	Reasoning
	<ul style="list-style-type: none"> • Interpret personal fitness related to flexibility 	Reasoning
	<ul style="list-style-type: none"> • Compare personal fitness related to cardiovascular fitness 	Reasoning
	<ul style="list-style-type: none"> • Compare personal fitness related to muscular strength 	Reasoning
	<ul style="list-style-type: none"> • Compare personal fitness related to muscular endurance 	Reasoning
	<ul style="list-style-type: none"> • Compare personal fitness related to body composition 	Reasoning
	<ul style="list-style-type: none"> • Compare personal fitness related to flexibility 	Reasoning
<p>Power Standard: Students will participate and have knowledge of physical activity outside of school that they can participate in throughout their lifetime and be aware of various organizations associated with physical activities.</p>		
PE.HS.1.03	Participate in a variety of outdoor adventure activities (e.g., orienteering, canoeing, biking, hiking).	Performance
PE.HS.3.01	determine behaviors and activities that increase physical activity in addition to physical education class.	
	<ul style="list-style-type: none"> • determine behaviors that increase physical activity in addition to physical education class. 	Reasoning

	<ul style="list-style-type: none"> determine activities that increase physical activity in addition to physical education class. 	Reasoning
PE.HS.3.02	explain how physical activity participation patterns are likely to change throughout the life span.	Reasoning
PE.HS.3.03	identify and describe local, state, national, and/or international fitness and recreational resources and organizations.	
	<ul style="list-style-type: none"> Identify local fitness resources 	Knowledge
	<ul style="list-style-type: none"> Identify local recreational resources 	Knowledge
	<ul style="list-style-type: none"> Identify local fitness organizations 	Knowledge
	<ul style="list-style-type: none"> Identify local recreational organizations 	Knowledge
	<ul style="list-style-type: none"> Identify state fitness resources 	Knowledge
	<ul style="list-style-type: none"> Identify state recreational resources 	Knowledge
	<ul style="list-style-type: none"> Identify state fitness organizations 	Knowledge
	<ul style="list-style-type: none"> Identify state recreational organizations 	Knowledge
	<ul style="list-style-type: none"> Identify national fitness resources 	Knowledge
	<ul style="list-style-type: none"> Identify national recreational resources 	Knowledge
	<ul style="list-style-type: none"> Identify national fitness organizations 	Knowledge
	<ul style="list-style-type: none"> Identify national recreational organizations 	Knowledge
	<ul style="list-style-type: none"> Identify international fitness resources 	Knowledge
	<ul style="list-style-type: none"> Identify international recreational resources 	Knowledge
	<ul style="list-style-type: none"> Identify international fitness organizations 	Knowledge
	<ul style="list-style-type: none"> Identify international recreational organizations 	Knowledge
	<ul style="list-style-type: none"> Describe local fitness resources 	Performance
	<ul style="list-style-type: none"> Describe local recreational resources 	Performance
	<ul style="list-style-type: none"> Describe local fitness organizations 	Performance
	<ul style="list-style-type: none"> Describe local recreational organizations 	Performance

	<ul style="list-style-type: none"> Describe state fitness resources 	Performance
	<ul style="list-style-type: none"> Describe state recreational resources 	Performance
	<ul style="list-style-type: none"> Describe state fitness organizations 	Performance
	<ul style="list-style-type: none"> Describe state recreational organizations 	Performance
	<ul style="list-style-type: none"> Describe national fitness resources 	Performance
	<ul style="list-style-type: none"> Describe national recreational resources 	Performance
	<ul style="list-style-type: none"> Describe national fitness organizations 	Performance
	<ul style="list-style-type: none"> Describe national recreational organizations 	Performance
	<ul style="list-style-type: none"> Describe international fitness resources 	Performance
	<ul style="list-style-type: none"> Describe international recreational resources 	Performance
	<ul style="list-style-type: none"> Describe international fitness organizations 	Performance
	<ul style="list-style-type: none"> Describe international recreational organizations 	Performance
PE.HS.4.03	practice principles of training in the design and implementation of a personal fitness program.	
	<ul style="list-style-type: none"> practice principles of training in the design of a personal fitness program. 	Product
	<ul style="list-style-type: none"> practice principles of training in the implementation of a personal fitness program. 	Product
Power Standard: None		
PE.HS.4.04	compare and contrast the fitness values of various physical activities.	
	<ul style="list-style-type: none"> compare the fitness values of various physical activities. 	Reasoning
	<ul style="list-style-type: none"> contrast the fitness values of various physical activities. 	Reasoning
Power Standard: None		
PE.HS.1.04	Participate in a variety of dance and rhythmic	Performance

	activities (e.g., line dancing, aerobics, yoga, square dancing).	
Power Standard: Students will understand the social dynamics associated with physical activities, as well as the potential dangers.		
PE.HS.3.04	assess the social/economic factors that impact physical activity.	
	<ul style="list-style-type: none"> Assess the social factors that impact physical activity 	Reasoning
	<ul style="list-style-type: none"> Assess the economic factors that impact physical activity 	Reasoning
PE.HS.5.01	examine potential dangers of physical activity and determine how to minimize associated risks.	
	<ul style="list-style-type: none"> examine potential dangers of physical activity 	Reasoning
	<ul style="list-style-type: none"> determine how to minimize associated risks 	Reasoning
PE.HS.5.02	utilize responsible/considerate personal behaviors in physical activity settings.	
	<ul style="list-style-type: none"> utilize responsible personal behaviors in physical activity settings. 	Performance
	<ul style="list-style-type: none"> utilize considerate personal behaviors in physical activity settings. 	Performance
PE.HS.5.03	practice proper procedures, demonstrate etiquette and fair play in physical activity settings.	
	<ul style="list-style-type: none"> practice proper procedures in physical activity settings. 	Performance
	<ul style="list-style-type: none"> demonstrate etiquette in physical activity settings. 	Performance
	<ul style="list-style-type: none"> demonstrate fair play in physical activity settings. 	Performance
PE.HS.5.04	explain the influence of peer pressure on physical activity participation and performance.	
	<ul style="list-style-type: none"> explain the influence of peer pressure on physical activity participation 	Reasoning
	<ul style="list-style-type: none"> explain the influence of peer pressure on physical activity performance. 	Reasoning