

# PHYSICAL EDUCATION

## MOTOR SKILLS

Apply competent motor skills and movement patterns needed to perform a variety of physical activities.

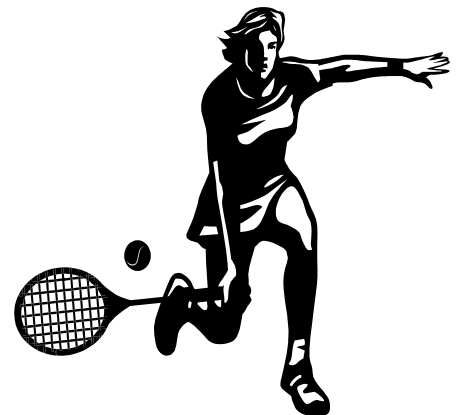


1. Execute combinations of simple locomotor skills and manipulative skills.
2. Apply basic manipulative skills while moving/traveling.
3. Execute mature form when combining locomotor skills with changes in direction.
4. Use variations of different locomotor skills with rhythmic patterns and smooth transitions.

## MOVEMENT CONCEPTS

Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

1. Illustrate how practice, attention, and effort are required to improve skills.
2. Integrate the essential elements of correct form for the five fundamental manipulative skills.
3. Evaluate individual skills using a rubric based on critical cues.
4. Illustrate a variety of activities that are associated with four or more of the five components of health-related fitness.



## HEALTH-RELATED FITNESS

Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.



1. Summarize four or more of the five health-related fitness assessments and the associated exercises.
2. Identify enjoyable and challenging physical activities that one can do for increasing periods of time without stopping.
3. Implement moderate to vigorous physical activities that increase breathing and heart rate, at least four to seven times each week, for increasing periods of time.

## PERSONAL/SOCIAL RESPONSIBILITY

Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

1. Use self-control to demonstrate personal responsibility and respect for self and others.
2. Use cooperation and communication skills to achieve common goals.
3. Explain the importance of working productively with others.

