

# PHYSICAL EDUCATION

## MOTOR SKILLS

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



- 1. Execute combinations of more complex locomotor skills and manipulative skills specific to individual, dual, and team activities.**
- 2. Use increasingly complex skills with power and accuracy.**
- 3. Illustrate mature form in combining locomotor and manipulative skills for traditional and non-traditional activities.**
- 4. Create movement sequences that are smooth and fluid and have several different rhythmic patterns.**

## MOVEMENT CONCEPTS

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

- 1. Select scientific principles and/or concepts that have an effect on the quality of complex movement.**
- 2. Evaluate movement and game skills in order to provide feedback that will lead to improvement.**
- 3. Identify basic offensive and defensive strategies in modified game situations.**
- 4. Analyze the five components of health-related physical fitness in terms of their relationship to various activities.**



## HEALTH-RELATED FITNESS

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



- 1. Understand how to achieve the gender- and age-related health-related physical fitness standards defined by an approved fitness assessment.**
- 2. Implement strategies to achieve health-related physical fitness.**
- 3. Select physical activities that develop/maintain each of the five components of health-related fitness.**

## PERSONAL/SOCIAL RESPONSIBILITY

4. Use behavioral strategies that are responsible and enhance respect of self and others and value activity.
1. Use self-control to work independently in developing responsibility and respect for self and others.
2. Use cooperation and communication skills to achieve common goals.
3. Understand the importance of culture and ethnicity in developing self-awareness and working productively with others.

