Department of Defense Education Activity

ADMINISTRATIVE INSTRUCTION

NUMBER 2100.01

MAR 15 2012 DATE

EDUCATION DIRECTORATE

Change 1, July 29, 2013

SUBJECT: Course Credit for Junior Reserve Officers' Training Corps

References: (a) DoDEA Graduation Requirements Web Site, "DoDEA High School Graduation Requirements," http://www.dodea.edu/students/graduation.cfm
(b) DoD Instruction 1205.13, "Junior Reserve Officers' Training Corps (JROTC)," February 6, 2006
(c) DoDEA Lifetime Sports Course Description, PEL301, http://www.dodea.edu/curriculum/courses/courses_0708/PEL301.htm

1. PURPOSE. This Administrative Instruction establishes that successful completion of 2 academic years of Junior Reserve Officers' Training Corps (JROTC), in the Department of Defense Education Activity (DoDEA) will serve as an alternative method of meeting DoDEA's semester graduation requirement for PEL301 Lifetime Sports as listed in Reference (a).

2. APPLICABILITY. This Administrative Instruction applies to the Office of the Director, DoDEA; the Director, Domestic Dependent Elementary and Secondary Schools, and Department of Defense Dependents Schools, Cuba (DDESS/DoDDS-Cuba); the Director, Department of Defense Dependents Schools, Europe (DoDDS-E); the Director, Department of Defense Dependents Schools, Pacific, and Domestic Dependent Elementary and Secondary Schools, Guam (DoDDS-P/DDESS-Guam); and all DoDEA Area and District Superintendents, School Principals, Teachers, and Support Staff.

3. DEFINITIONS. See Glossary.

4. POLICY. It is DoDEA policy that:

a. JROTC instructors shall be qualified and certified to teach the JROTC program in accordance with the guidelines at Enclosure 1.

b. All JROTC programs in DoDEA shall implement the approved JROTC common core curriculum beginning in 2011-2012 as prescribed by Enclosures 2 and 3.

c. All JROTC programs in DoDEA shall include a minimum of 60 contact hours of instructional time over a period of 2 academic years in the lifetime sports and physical activities prescribed by the JROTC Common Core Curriculum DoDEA Lifetime Sport. (See Enclosure 3)

(1) The JROTC Common Core Curriculum DoDEA Lifetime Sports, as described in Enclosure 3, offers a variety of physical activities and content so that a JROTC student who successfully completes 2 full school years (4 semesters) of JROTC in DoDEA (with a grade of "D" or above) will have demonstrated the competencies required by PEL301 Lifetime Sports.

(2) At the completion of the second successful year of JROTC in DoDEA, the "P" grade and .5 Carnegie units of credit for PEL301J Lifetime Sports are placed on the student's transcript.

(3) The "P" grade and .5 unit of credit will expire with the graduation class of 2017, and thereafter, a simple statement indicating that "two years of JROTC in DoDEA met the graduation requirement for Lifetime Sports", will be included on the JROTC student's transcript.

5. EFFECTIVE DATE. This Administrative Instruction is effective immediately and shall be incorporated into DoDEA Regulation 2000.01, "High School Graduation Requirements," within 1 year.

Marilee Fitzgerald
Director

Enclosures
1. Memorandum For Secretaries Of The Military Departments
2. Memo All Services JROTC Lifetime Sports
3. JROTC Common Core Curriculum DoDEA Lifetime Sport Glossary

ENCLOSURE 1

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS

OFFICE OF THE UNDER SECRETARY OF DEFENSE
4000 DEFENSE PENTAGON
WASHINGTON, DC 20301-4000

PERSONNEL AND READINESS

JUN 15 2007

MEMORANDUM FOR SECRETARIES OF THE MILITARY DEPARTMENTS

SUBJECT: Junior Reserve Officer Training Corps (JROTC) Instructor Certification

This directive-type memorandum establishes policy and provides guidance on the certification of retired officers and noncommissioned officers as JROTC instructors.

In 2001, the "No Child Left Behind" Act (NCLB) established a new definition of "highly qualified teachers" which caused some discussion as to how JROTC instructors fit into the redefined standards. As a result of those discussions between the Departments of Defense and Education, additional legislative language was proposed and included in the 2007 National Defense Authorization Act (NDAA) further clarifying JROTC instructor qualifications. Section 539 of NDAA 2007, attached, provides an outline of the credentials required of both Senior and Non-Senior Military Instructors and levies on the Secretaries of the Military Departments the authority to further determine the requirements and award certification. This certification will then be equal to that awarded by the states under NCLB for the teaching of JROTC and embedded subject areas such as physical education, health/wellness, and civics.

In conjunction with input from the Services, we have established the following standards for JROTC instructor base certification and subsequent recertification (every 5 years):

Senior Military Instructor (retired officer)

- Bachelor's Degree
- Completion of Service-specific JROTC Instructor Training Curriculum
- Service-specific Basic Skills Requirement
- Nationally Accredited Distance Learning courses, to include but not limited to, Classroom Management, Learning and the Brain, Education Psychology, and Secondary Methods
- Completion of Computer Literacy Training
- Award of Advanced Certification by the Military Department concerned IAW title 10, chapter 102 and these criteria

Non-Senior Military Instructor (retired noncommissioned officer)

- Associate's Degree within 5 years of employment (or from the date of this policy letter, whichever is later)
- Same additional requirements as for Senior Instructors

This memorandum is effective immediately. The guidance in this directive-type memorandum shall be incorporated in DoD Instruction 1215.13, "Junior Reserve Officers' Training Corps (JROTC) Program" at the next opportunity.

My POC for this issue is Lt Col Brenda Leong, USAF; she can be reached at DSN 225-5529, commercial (703) 695-5529, or brenda.leong@osd.mil.

Michael L. Dominguez
Principal Deputy

Attachment:
As stated

ENCLOSURE 2

MEMO ALL SERVICES JROTC LIFETIME SPORTS

OFFICE OF THE UNDER SECRETARY OF DEFENSE
4000 DEFENSE PENTAGON
WASHINGTON, D.C. 20301-4000

MEMORANDUM FOR THE RECORD

SUBJECT: Junior Reserve Officers' Training Corps (JROTC) Core Curriculum

The Junior Reserve Officers' Training Corps (JROTC) is the nation's largest youth training and development program, with more than 511,000 students enrolled in over 3,400 secondary schools in all 54 states and territories as well as Department of Defense schools. Participation in JROTC not only improves test scores, but for those who enroll early in the program, it also improves their high school graduation rates.

To that end, the JROTC Programs of the Military Services agree that JROTC will implement the common core curriculum, as discussed in the meeting with Department of Defense Education Activity on 29 March 2011. Implementation of the core curriculum will begin the 2011-2012 school year.

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Colonel, US Army
Director, Army JROTC

DEBRA F. BEAN
Colonel, US Air Force
Director, Air Force JROTC

JOSEPH D. SMITH, Ph.D.
Navy JROTC Program Manager

W. E. MCHENRY, EdD
Director, Marine Corps JROTC

ENCLOSURE 3

COMMON CORE CURRICULUM DODEA LIFETIME SPORT

The information below shows how the JROTC curriculum supports the physical activity requirements outlined by the DoDEA Lifetime Sports. Below are common JROTC Physical Education related lessons and other Sports and Gamesmanship lessons that, if referenced in the 4-year JROTC Program matrix are used by each program as outlined. Each lesson noted includes competencies and performance standards used for the development of student learning and assessment:

JROTC Lessons available through all JROTC Programs (Army, Navy, Air Force and Marines):

Cadet Challenge
U4C1L2: Cadet Challenge

Drill/Marching
U2C2L2: Roles of Followers and Leaders in Drill
U2C2L4: Stationary Movements
U2C2L5: Steps and Marching
U2C2L6: Squad Drill
U2C5L1: Platoon Drill
U2C5L2: Taking Charge--Knowing Your Responsibilities as

Leader
U2C5L3: Company Formations and Movement
U2C5L4: Forming, Inspecting, and Dismissing the Battalion

Marksmanship
U7C1L2: Firearm Safety and Safe Range Operation
U7C1L3: Target Shooting Equipment and Its Operation
U7C1L4: The First Target Position – Standing
U7C1L5: Aiming and Firing
U7C1L6: Sight Adjustment and Scoring
U7C1L7: The Prone Position
U7C1L8: The Kneeling Position
U7C1L9: Practice and Skill Development
U7C1L10: Competition Opportunities

Sports and Gamesmanship
Badminton Module
Baseball/Softball Module
Basketball Module
Basketball Module Climbing/Rappelling Module
Football Module
Hiking Module
Judo Module
Karate Module
Orienteering Module
Racquetball Module
Ropes Course Module
Swimming Module
Taekwondo Module
Tennis Module
Volleyball Module

UNIT OF STUDY #1: Cadet Challenge/President's Fitness Challenge 1 Common Core Lesson for all JROTC Programs 9 contact hours		
JROTC Lesson Association	**Linked DoDEA Lifetime Sports Standards**	**Performance Standards**
U4C1L2: Cadet Challenge **Competency** Meet the physical fitness standards for the Cadet Challenge	PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2b: develop personal warm-up and cool-down procedures tailored for specific lifetime sports PELPE2c: apply appropriate stretching and strengthening exercises in preparation for lifetime sports participation PELPE2d: analyze fitness level conditioning procedures associated with readiness for lifetime sports participation PELPE2e: demonstrate appropriate body alignment and breathing when performing lifetime sport skills PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will show that you have learned the target knowledge and skills:** • by meeting the established criteria for a Cadet Challenge fitness level agreed upon by self and instructor • by mastery of drills and skills selected from Army Physical Training TC 3-22-20 or President's Fitness Challenge, as agreed upon by self and instructor • by participating in up to 9 contact hours of physical fitness practice and challenge **Your performance will be successful when:** • you complete the agreed upon curl-ups or partial curl-ups • you complete the agreed upon pull-ups, flexed arm hang, or right angle pushups • you complete the agreed upon v-sit reach or sit and reach • you complete the 1-mile run or walk in established time • you complete the shuttle run in established time • you accurately perform of conditioning drills selected by cadre from TC 3-22-20 • you demonstrate capacity to lead and instruct condition drills selected by cadre from TC 3-22-20 • you demonstrate in-class proficiency in fundamental motor skills required for lifelong activity • you show ongoing improvement in fundamental body mechanics to include good posture/military bearing, balanced gait, and physical alertness as required in Army TC 3-22-20

UNIT OF STUDY #2: JROTC Drill and Marching 8 Common Core Lessons for all JROTC Programs 32 contact hours		
JROTC Lesson Association	**Linked DoDEA Lifetime Sports Standard**	**Performance Standards**
U2C2L2: Roles of Leaders and Followers in Drill **Competency** Demonstrate effectual command voice in drill	PLPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK4: display a willingness to receive and use feedback to improve performance PESK9: self-initiate behaviors that contribute to personal and partner/group effort	**You will demonstrate your competence:** • by demonstrating proper drill commands and the use of command voice • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance will be successful when:** • you correctly identify and demonstrate a preparatory command and command of execution • you correctly identify and demonstrate a preparatory command, supplementary command, and command of execution as part of a formation • you properly demonstrate the characteristics of command voice: voice control distinctiveness and inflection
JROTC Lesson Association	**Linked DoDEA Lifetime Sports Standard**	**Performance Standards**
U2C2L4: Stationary Movements **Competency** Demonstrate correct stationary movements on command	PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PESK9: self-initiate behaviors that contribute to personal and partner/group effort PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will demonstrate your competence:** • by participating in a game of stationary movements as a member of a squad • by participating in a demonstration of stationary movements as a squad leader • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance will be successful when:** • you demonstrate the position of attention • you demonstrate the correct responses to rest commands • you demonstrate facing movements upon command • you demonstrate the correct way to salute in a variety of situations • you give the commands for a squad to perform stationary movements • you identify incorrect performance and demonstrate the stationary movements so that your fellow cadets are able to perform them correctly

JROTC Lesson Association	Linked DoDEA Lifetime Sports Standard	Performance Standards
U2C2L5: Steps and Marching **Competency** Demonstrate correct marching technique on command	PESK8: display behaviors that are supportive and inclusive PELPE2e: demonstrate appropriate body alignment and breathing when performing lifetime sport skills PELPE2g: assess lifetime sports opportunities available for school-age youth in the community and PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will demonstrate your competence:** • by participating in a squad drill competition • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance will be successful when:** • you apply your knowledge of stationary movements to the squad drill exercise • you demonstrate the correct marching movements as commanded • you respond correctly to halt commands • you assist other cadets in performing the correct movements as needed
JROTC Lesson Association	**Linked DoDEA Lifetime Sports Standard**	**Performance Standards**
U2C2L6: Squad execute platoon drills **Competency** Demonstrate correct response to squad and platoon drill commands	PELPESK1: participate fully and communicate cooperatively with others PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities	**You will demonstrate your competence:** • by participating in a squad formation during a squad drill competition • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance is acceptable when:** • you apply your knowledge of stationary movements and marching skills to the squad drill exercise • you correctly assemble as a member of a squad formation • you demonstrate changing direction in a squad formation • you demonstrate marching to the flank in a squad formation • you respond correctly to halt commands • you assist other cadets in performing the correct squad drill movements as needed

JROTC Lesson Association	Linked DoDEA Lifetime Sports Standard	Performance Standards
U2C5L2: Taking Charge--Knowing Your Responsibilities as a Leader **Competency** Perform the duties of a team leader, squad leader, platoon sergeant, or platoon leader	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PESK9: self-initiate behaviors that contribute to personal and partner/group effort PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE1b: evaluate personal progress towards skill competency PELPE2b: develop personal warm-up and cool-down procedures tailored for specific lifetime sports PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will demonstrate your competence:** • by demonstrating detailed knowledge of team leaders, squad leaders, platoon sergeant, and platoon leader during drill and ceremony • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance is acceptable when:** • you properly inspect subordinates for proper attire and equipment safety • you recite from memory leadership responsibilities of all training levels to included platoon leader • you demonstrate capacity to arrange a safe training area free of obstruction or other dangers • you properly monitor cadets for proper hydration • you demonstrate leadership behaviors including good hygiene, attention to detail, and ethical conduct, • You reflect standard core values of loyalty, duty, respect, honor, integrity, and personal courage

JROTC Lesson Association	Linked DoDEA Lifetime Sports Standard	Performance Standards
U2C5L3: Company Formations and Movement **Competency** Execute company drills	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2b: develop personal warm-up and cool-down procedures tailored for specific lifetime sports PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will demonstrate your competence:** • by creating a diagram of a company formation • by summarizing the commands and responses of a company drill • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance is acceptable when:** • you show the type, direction of travel, and the spacing between elements in a company formation • you show the positions of the cadet officers (commander, XO and platoon leaders) in the company formation • you show the positions of the cadet Non-Commissioned Officer's (NCO's) (first sergeant, platoon sergeants and squad leaders) in the company formation • you describe the procedures for forming, opening and closing ranks, and dismissing the company • you describe the procedures for changing the direction of movement of the company formation

JROTC Lesson Association	Linked DoDEA Lifetime Sports Standard	Performance Standards
U2C5L4: Forming, Inspecting, and Dismissing the Battalion **Competency** Execute battalion drills	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2h: modify rules, equipment, facilities to meet varying conditions for lifetime sports participation	**You will show that you have learned the target knowledge and skills:** • by executing a battalion formation • by participating in Leadership Lab • by practicing drill and marching in a lab setting weekly • by adhering to the rules and practices of safety relevant to drill and marching • working toward 32 contact hours of drill and marching practice and assessment **Your performance will be successful when:** • you show the type and spacing between elements in a battalion formation • you identify the color guard • you show positions of the cadet officers (battalion commander, company commanders and battalion staff) and cadet NCO's (sergeant major, first sergeant, platoon sergeants and squad leaders) in the battalion formation • you describe procedures for forming, inspecting, and dismissing the battalion

UNIT OF STUDY #3: Marksmanship 9 Common Lessons to All JROTC Programs (as allowed by school or district; This is not a Core Unit of Study) 17 contact hours (if presented as 1 Lifetime Sport)		
JROTC Lesson Association	**Linked DoDEA Lifetime Sports Standard**	**Performance Standards**
U7C1L2: Firearm Safety and Safe Range Operation U7C1L3: Target Shooting Equipment and Its Operation U7C1L4: The First Target Position – Standing U7C1L5: Aiming and Firing U7C1L6: Sight Adjustment and Scoring U7C1L7: The Prone Position U7C1L8: The Kneeling Position U7C1L9: Practice and Skill Development U7C1L10: Competition Opportunities	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self- and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports	**You will demonstrate your competence:** • by demonstrating firearm safety • by using target shooting equipment • by target shooting in the standing, prone and kneeling positions • by participating in a team marksmanship competition • working toward 17 contact hours of marksmanship practice and assessment **Your performance will be successful when:** • you check to make sure the action is open • you assure that the muzzle remains pointed in a safe direction • you keep your finger outside of the trigger guard receiving it • you took the rifle down from the shoulder and closed the bolt • you repositioned the rifle on the shoulder so that you are looking through the sights at the blank target
Competency Demonstrate cadet safety and civilian marksmanship program skills		• you took the rifle down from the shoulder and closed the bolt on their rifle • you supported the arm elbow over the hip and under the rifle • you aligned your sight on the center portion of the blank target and released the triggers • you took the rifle down, re-cocked the action and got back into position to dry fire several additional shots • you used proper breathing techniques your aim demonstrated centering the movements of the front sight over the • you completed an air rifle check to be sure the action is open upon bull's-eye and holding the target inside the front sight ring • you used proper standing position • your body was turned 90 degrees away from target • your head was reasonably erect and not tilted down • you performed several repetitions of holding on the target • you lie on mat behind rifle with body at a slight angle to the rifle, usually 5 to 15

Competencies	Linked DoDEA Lifetime Sports Standard	Performance Standards
U7C1L2: Firearm Safety and Safe Range Operation U7C1L3: Target Shooting Equipment and Its Operation U7C1L4: The First Target Position – Standing U7C1L5: Aiming and Firing U7C1L6: Sight Adjustment and Scoring U7C1L7: The Prone Position U7C1L8: The Kneeling Position U7C1L9: Practice and Skill Development U7C1L10: Competition Opportunities **Competency** Demonstrate cadet safety and civilian marksmanship program skills	PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	**Your performance will be successful when:** • you position the rifle butt high in the shoulder so that the head can remain fairly erect • you support your upper body on both elbows, with most of the body weight on the left side and left elbow • your sling is attached to the fore end and arm and tightened so that it supports the weight of the rifle • your support hand (left hand for right handed shooter) is drawn back on the fore end so that the rifle and head can be kept up • you demonstrate proper use of a sling while in the prone position • you demonstrate proper loading of air rifle while in the prone position • your foot is placed on a kneeling roll • your use of a kneeling roll allows you to comfortably sit on the foot for long periods • your body weight rests on the heel • your torso is fairly erect, but the shoulders are rolled forward • your head remains fairly erect; it is tipped slightly towards the target • your support hand (left hand) is not extended very far out on the fore end • your elbow of the support arm (left arm for right handed shooter) is located on top of the knee • your lower part of the left leg is vertical on the rifle • your kneeling roll and the right leg somewhere between 30 inches and 60 inches away from the target

UNIT OF STUDY #4: Sports and Gamesmanship Select From a Common set of Sports and Games If Marksmanship is a provided Option, select 3 modules/16 contact hours from common modules below If Marksmanship is NOT a provided Option and Unit of Study, select 4 modules/21 contact hours from common modules below		
Competencies	**Linked DoDEA Lifetime Sports Standard**	**Performance Standards**
Acquire basic orienteering skills	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports	**You will show that you have learned the target knowledge and skills:** • by using basic orienteering skills on a given route • by adhering to the safety rules and practices of orienteering • through a minimum of 6 contact hours of orienteering • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you demonstrate a basic level of proficiency in topographical map reading skills • you demonstrate a basic level of proficiency in using a compass • you use route finding skills using the map and compass together • you engage physically in the challenge of hiking or walking an orienteering route • you demonstrate leader and follower skills in an orienteering event or challenge

Competencies	Linked DoDEA Lifetime Sports Standard	Performance Standard
Acquire basic orienteering skills	PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals documenting frequency, duration, and reasoning; PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Develop basic and technical skills on a ropes course	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports	**You will show that you have learned the target knowledge and skills:** • by adhering to the safety rules and practices of ropes course training • through a minimum of 6 contact hours of rope course training • by using basic and technical skills on a ropes course • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you demonstrate proper spotting technique for low elements • you can tie some of the following knots: bowline-on-bight, figure eight loop knot, double figure eight, retraced figure eight, prussic knot, double fisherman and butterfly knot • you perform a standing hip belay • you perform a team belay • you belay using at a mechanical belay devices • you demonstrate appropriate belay techniques as a "second" belayer • you distinguish between "dynamic" and "static" belays • you identify the factors or considerations of safety on the ground • you explain the function of all equipment items essential to ropes course safety • you model team participation skills

	PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals; a PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Demonstrate hiking or trekking skills	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance; PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts	**You will show that you have learned the target knowledge and skills:** • by adhering to the safety rules and practices of hiking • through a minimum of 6 contact hours of hiking • by hiking or trekking a given event or challenge • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you are able to navigate and read a map • you trace a route • you select and wear appropriate gear for the environmental conditions • you demonstrate personal safety skill awareness • you pace yourself according to distance, terrain and physical condition • you respectfully communicate with others in the group • you pack gear appropriately • you serve as a team where needed – campsite selection and prep, etc. • you use leave-no-trace techniques during hike and camping experience • you prepare and pack appropriate food and water supplies

	PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore the fundamentals of rock climbing and rappelling	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance	**You will show that you have learned the target knowledge and skills:** • by adhering to the safety rules and practices of rock climbing and rappelling • through a minimum of 6 contact hours of rock climbing • by rock climbing and rappelling in an indoor or outdoor environment • by demonstrating proper warm up and cool down

	PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness. PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	**Your performance will be successful when:** • you identify the purpose and use of ropes, harnesses, and anchors, belays, and other hardware • you demonstrate the safety rules and procedures for all equipment use • you wear a helmet • you remain keenly aware of others on the ground and climbing • you remain in constant communication with person on ground and on rock wall surface • you challenge yourself to meet the goal you set for yourself to climb and rappel a rock surface/wall

Explore the sport of Taekwondo	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment	**You will show that you have learned the target knowledge and skills:** • by adhering to the safety rules and practices of Taekwondo • through a minimum of 6 contact hours of Taekwondo • by participating in Taekwondo • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you use appropriate blocking and attacking form specific to Taekwondo • you form series of moves in sequence Taekwondo • you show developing balance and coordination Taekwondo • you demonstrate self-control Taekwondo • you demonstrate kicking techniques Taekwondo • you demonstrate hand techniques Taekwondo

	PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore the sport of Karate	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self- and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness	**You will show that you have learned the target knowledge and skills:** • by adhering to the safety rules and practices of Karate • through a minimum of 6 contact hours of Karate • by participating in Karate • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you use appropriate blocking and attacking form specific to Karate • you form series of moves in sequence Karate • you show developing balance and coordination Karate • you demonstrate self-control Karate • you demonstrate kicking techniques Karate • you demonstrate hand techniques Karate

	PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore the sport of Judo	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals	**You will show that you have learned the target knowledge and skills:** • by participating in Judo • by adhering to the safety rules and practices of Judo • working toward a minimum of 6 contact hours of Judo • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you use appropriate blocking and attacking form specific to Judo • you form series of moves in sequence Judo • you show developing balance and coordination Judo • you demonstrate self-control Judo • you demonstrate kicking techniques Judo • you demonstrate hand techniques Judo

	PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Demonstrate swimming techniques	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior; PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports	**You will show that you have learned the target knowledge and skills:** • by swimming • by adhering to the safety rules and practices of swimming • through a minimum of 6 contact hours of swimming • by demonstrating proper warm up and cool down. **Your performance will be successful when:** • you demonstrate freestyle swimming and breathing techniques • you demonstrate backstroke swimming and breathing techniques • you demonstrate breaststroke swimming and breathing techniques • you demonstrate treading • you demonstrate survival float • you demonstrate proper pool or water entry

	PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	

Explore how to play tennis	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports	**You will show that you have learned the target knowledge and skills:** • by playing tennis • by adhering to the safety rules and practices of tennis • through a minimum of 6 contact hours of tennis • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you demonstrate proper racket grip • you demonstrate proper forehand stroke • you demonstrate proper backhand stroke • you demonstrate serving • you demonstrate volleying techniques • you keep score while playing the game • you demonstrate proper etiquette and consideration for others using the facility

	PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment; PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore how to play racquetball	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity	**You will show that you have learned the target knowledge and skills:** • by playing racquetball • by adhering to the safety rules and practices of racquetball • through a minimum of 6 contact hours by playing racquetball • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you demonstrate proper racket grip • you demonstrate proper forehand stroke • you demonstrate proper backhand stroke • you demonstrate serving • you keep score while playing the game

	PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports. PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore how to play badminton	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior; PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities	**You will show that you have learned the target knowledge and skills:** • by playing badminton • by adhering to the safety rules and practices of badminton • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you demonstrate proper racket grip • you demonstrate proper volleying technique • you practice teamwork during play • you use the scoring process

	PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment; PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	

Explore how to play soccer	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness	**You will show that you have learned the target knowledge and skills:** • by playing soccer • by adhering to the safety rules and practices of soccer • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you wear the appropriate soccer equipment • you dribble a soccer ball • you play your assigned position as a team player • you contribute to the offensive and defensive play • you score a goal • you acknowledge the scoring and penalty procedures

	PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore how to play softball	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency	**You will show that you have learned the target knowledge and skills:** • by playing softball • by adhering to the safety rules and practices of softball • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you wear the appropriate equipment • you hold the bat correctly • you swing the bat correctly • you catch the ball using a mitt • you throw the ball according to the sport rules • you run the bases correctly • you play the assigned position on the field properly • you identify the rules and penalties of the came • you serve as a scorekeeper for a game

	PELPE1c: analyze and adjust performance using informal self and peer assessment; PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals; and PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	

Explore how to play basketball	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports; PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness	**You will show that you have learned the target knowledge and skills:** • by playing basketball • by adhering to the safety rules and practices of basketball • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you explain the rules of basketball • you dribble the basketball • you pass the basketball • you play your assigned position offensively or defensively • you score baskets • you participate as a team player

	PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore how to play flag football	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity P ELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency	**You will show that you have learned the target knowledge and skills:** • by playing flag football • by adhering to the safety rules and practices of flag football • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you explain the rules of flag football • you pass a football • you kick a football • you catch a football • you identify the positions on the field • you play your assigned position • you demonstrate the differences between offensive and defensive plays • you play within the rules of the game • you participate as a scorekeeper for a game

	PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports. PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	
Explore how to play volleyball	PELPESK1: participate fully and communicate cooperatively with others PELPESK2: perform activities safely and follow rules of etiquette and ethical behavior PELPESK3: display age appropriate self-control and discipline PELPESK4: display a willingness to receive and use feedback to improve performance PELPESK5: accept the decisions of and respond positively to teachers/officials in charge of games/activities PELPESKL6: choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction PELPESK7: display an interest in and assist and	**You will show that you have learned the target knowledge and skills:** • by playing volleyball • by adhering to the safety rules and practices of orienteering • through a minimum of 6 contact hours • by demonstrating proper warm up and cool down **Your performance will be successful when:** • you explain the rules of volleyball • you serve a volleyball • you demonstrate bumping, passing and spiking the volleyball • you identify the positions on the court • you play your assigned position • you demonstrate the differences between offensive and defensive plays • you play within the rules of the game • you participate as a scorekeeper for a game

	encourage others efforts PELPE1: motor skills and movement patterns: competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity PELPE1a: demonstrate competency in basic skills in a lifetime sports PELPE1b: evaluate personal progress towards skill competency PELPE1c: analyze and adjust performance using informal self and peer assessment PELPE1e: monitor progress and modify strategies for achieving personal lifetime sports skills goals PELPE1f: demonstrate skill in applying rules and strategies in a few lifetime sports PELPE2: physical activity and fitness: balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness PELPE2a: engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning PELPE2f: analyze common lifetime sports injuries and their prevention and treatment PELPE2h: modify rules, equipment, and facilities to meet varying conditions for lifetime sports participation	

GLOSSARY

PART I. ABBREVIATIONS AND ACRONYMS

DDESS/DODDS-CUBA	Domestic Dependent Elementary and Secondary Schools, and Department of Defense Dependents Schools, Cuba
DODDS-E	Department of Defense Dependents Schools, Europe
DODDS-P/DDESS-GUAM	Department of Defense Dependents Schools, Pacific, and Domestic Dependent Elementary and Secondary Schools, Guam
DODEA	Department of Defense Education Activity
JROTC	Junior Reserve Officers' Training Corps

PART II. DEFINITIONS

academic year. The period of time necessary to complete one JROTC course, normally consisting of a minimum of 7200 minutes of instruction, according to DoD Instruction 1205.13 (Reference (b)).

lifetime sports. As prescribed by Reference (c), a course that DoDEA requires for graduation. It is designed to enable students in grades nine through twelve to develop the movement skills and conceptual knowledge for lifetime sports participation. Lifetime sports are those sports and physical activities that people of all ages and all levels of ability can participate in and enjoy whether they are organized for individual, dual or team participation.