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Physical Education: Elective Physical Education (10–12)

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To a greater extent than in the core academic subjects, Physical Education teachers must infuse personal and social skill development in helping students meet and exceed the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK). Including the PESK components in teaching the Physical Education standards is critical in promoting lifelong, healthy physical activity and in realizing the wide range of benefits associated with participation in dance, sports, games, and other physical activities.

Strand:

**PESK Personal and Social Development Skills**

The student applies responsible personal and social development skills in a physical activity setting. In the Elective Physical Education course all students will:

Standards:

- PESK1:** participate fully and communicate cooperatively with others;
- PESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
- PESK3:** display age appropriate self-control and discipline;
- PESK4:** display a willingness to receive and use feedback to improve performance;
- PESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PESL6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PESK7:** display an interest in and assist and encourage others' efforts;
- PESK8:** display behaviors that are supportive and inclusive;
- PESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
- PESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

**PE1 Motor Skills and Movement Training**

Competency in motor skills and movement patterns is needed to perform a variety of physical activities. In the Elective Physical Education course all students will:

Standards:

- PE1a:** use specialized skills of selected sports and activities with increased complexity;
- PE1b:** refine personal skill level in selected forms of movement and motor skills to enhance performance;
- PE1c:** evaluate skill proficiency in selected sports and activities and set personal goals for improvement;
- PE1d:** use self- and peer assessment to analyze and then adjust performance;
- PE1e:** link strategies to skill development, greater success, and enjoyment;
- PE1f:** use more complex terminology, rules, and strategies in selected sports and activities.

Strand:

**PE2 Physical Activity and Fitness** A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In the Elective Physical Education course all students will:

Standards:

**PE2a:** participate in selected sports and physical activities to maintain or improve fitness level;

**PE2b:** evaluate personal fitness readiness for participation in selected sports or activities;

**PE2c:** explain specific training principles as they relate to their selected sport or activity; and

**PE2d:** show relationships and draw conclusions of fitness goal achievement to selected sports and activities.