
Physical Education: Lifetime Sports (9–12)

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 Lifetime Sports 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 Patterns

Application of movement concepts and procedures is needed to perform a variety of physical activities. In the Lifetime Sports course, all students will:

Standards:

- PE1a:** demonstrate competency in basic skills in a few lifetime sports;
- PE1b:** evaluate personal progress towards skill competency;
- PE1c:** analyze and adjust performance using informal self- and peer assessment;
- PE1d:** set realistic, personal skill development goals;
- PE1e:** monitor progress and modify strategies for achieving personal lifetime sports skills goals; and
- PE1f:** demonstrate skill in applying rules and strategies in a few lifetime sports.

Strand:

PE2 Physical Activity and Fitness

A physically active lifestyle is essential to maintain a health-enhancing level of physical fitness. In the Lifetime Sports course, all students will:

Standards:

- PE2a:** engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning;
- PE2b:** develop personal warm-up and cool-down procedures tailored for specific lifetime sports;

- PE2c:** apply appropriate stretching and strengthening exercises in preparation for lifetime sports participation;
- PE2d:** analyze fitness level conditioning procedures associated with readiness for lifetime sports participation;
- PE2e:** demonstrate appropriate body alignment and breathing when performing lifetime sport skills;
- PE2f:** analyze common lifetime sports injuries and their prevention and treatment;
- PE2g:** assess lifetime sports opportunities available for school-age youth in the community; and
- PE2h:** modify rules, equipment, facilities to meet varying conditions for lifetime sports participation.