

## Physical Education: Grade 9–12

### Required Physical Activity & Nutrition

#### Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Displays willingness to receive and use feedback
- Accepts decisions of and responds, positively and cheerfully, to teachers or officials in charge of games/activities
- Chooses physical activity to experience fun, challenge, self-expression, and/or social interaction
- Displays interest in assisting and encouraging others' efforts
- Self-initiates behaviors that contribute to partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

#### Motor Skills & Movement Patterns

- Plans and implements a physical activity learning project
- Demonstrates knowledge and movement skill readiness
- Demonstrates conditioning activities that develop basic fitness qualities
- Self-assesses performance of alternative physical activity skills

#### Physical Activity & Fitness

- Identifies the health and fitness benefits of selected alternative physical activities
- Evaluates personal fitness requirements
- Understands the relationship of caloric intake, energy expenditure, and weight management
- Analyzes personal energy balance by documenting personal food intake and daily physical activity
- Identifies ways to balance nutritional needs with physical activity energy expenditure