

Physical Education: Grade 9–12

Required Personal Fitness

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

- Demonstrates proper execution of warm-up and cool-down procedures
- Demonstrates proper muscle-stretching techniques
- Demonstrates proper posture and training technique

Physical Activity & Fitness

- Engages in a self-assessment of health- and skill-related fitness
- Analyzes fitness assessment data, sets fitness goals, and implements a personal plan for fitness development
- Applies FITT (Frequency, Intensity, Time, and Type) training principles
- Evaluates personal fitness development plan and progress
- Records and analyzes progress in reaching personal fitness development goals
- Analyzes the relationship of aerobic fitness to disease prevention
- Examines how physical fitness can promote wellness throughout life
- Identifies reliable sources of fitness-related information
- Measures personal body composition
- Identifies physical exercises that can be harmful