

Elective Physical Education

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

- Uses specialized skills of selected sports and activities with increased complexity
- Refines personal skill level in movement and motor skills
- Evaluates skill proficiency in selected sports and activities
- Uses self- and peer assessment to analyze and adjust performance
- Links strategies to skill development, greater success, and enjoyment
- Solves motor problems and makes strategic decisions for greater success and enjoyment
- Uses more complex terminology, rules, and strategies in selected sports and activities

Physical Activity & Fitness

- Participates in selected sports and physical activities to maintain or improve fitness level
- Evaluates personal fitness readiness
- Explains specific training principles of selected sports
- Shows relationships and draws conclusions of fitness goal achievement to selected sports and activities