

Physical Education: Elective Physical Education (10–12)

To a greater extent than in the core academic subjects, Physical Education teachers must integrate personal and social skill development as part of a student's achievement of the content standards. Consequently, the presentation of the Physical Education Standards is preceded by a list of complementary Personal and Social Development Skills (PESK) standards. Including PESK standards as part of teaching, learning and assessment in Physical Education 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

Essential Understanding: **PEGPESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

- Standards:
- PEGPESK1:** participate fully and communicate cooperatively with others;
 - PEGPESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
 - PEGPESK3:** display age appropriate self-control and discipline;
 - PEGPESK4:** display a willingness to receive and use feedback to improve performance;
 - PEGPESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 - PEGPESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 - PEGPESK7:** display an interest in and assist and encourage others' efforts;
 - PEGPESK8:** display behaviors that are supportive and inclusive;
 - PEGPESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
 - PEGPESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **PEGPE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

- Standards:
- PEGPE1a:** use specialized skills of selected sports and activities with increased complexity;
 - PEGPE1b:** refine personal skill level in selected forms of movement and motor skills to enhance performance;
 - PEGPE1c:** evaluate skill proficiency in selected sports and activities and set personal goals for improvement;
 - PEGPE1d:** use self- and peer assessment to analyze and then adjust performance;
 - PEGPE1e:** link strategies to skill development, greater success, and enjoyment;

PEGPE1f: use more complex terminology, rules, and strategies in selected sports and activities.

Strand:

PE2 Physical Activity and Fitness

Essential Understanding:

PEGPE2 Balancing daily physical activity and proper nutrition contributes to lifelong fitness and wellness.

The student will:

Standards:

PEGPE2a: participate in selected sports and physical activities to maintain or improve fitness level;

PEGPE2b: evaluate personal fitness readiness for participation in selected sports or activities;

PEGPE2c: explain specific training principles as they relate to their selected sport or activity; and

PEGPE2d: show relationships and draw conclusions of fitness goal achievement to selected sports and activities.