

Physical Education: Required Personal Fitness (9–12)

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: **PEFPESK:** Physical activity provides opportunities for self expression and social development and interaction.

The student will:

- Standards:
- PEFPESK1:** participate fully and communicate cooperatively with others;
 - PEFPESK2:** perform activities safely and follow rules of etiquette and ethical behavior;
 - PEFPESK3:** display age appropriate self-control and discipline;
 - PEFPESK4:** display a willingness to receive and use feedback to improve performance;
 - PEFPESK5:** accept the decisions of and respond positively to teachers/officials in charge of games/activities;
 - PEFPESK6:** choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
 - PEFPESK7:** display an interest in and assist and encourage others' efforts;
 - PEFPESK8:** display behaviors that are supportive and inclusive;
 - PEFPESK9:** self-initiate behaviors that contribute to personal and partner/group effort;
 - PEFPESK10:** adjust behavior to prevent/reconcile conflicts.

Strand:

PE1 Motor Skills and Movement Patterns

Essential Understanding: **PEFPE1** Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

- Standards:
- PEFPE1a:** demonstrate proper form and execution of warm-up and cool-down exercises specific to selected physical fitness development activities;
 - PEFPE1b:** demonstrate proper muscle-stretching techniques in flexibility development activities;
 - PEFPE1c:** demonstrate proper posture and training techniques in muscular strength and endurance activities; and
 - PEFPE1d:** demonstrate proper posture and training techniques in aerobic fitness activities.

Strand:

PE2 Physical Activity and Fitness

Essential Understanding:

PEFPE2

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

The student will:

Standards:

- PEFPE2a:** engage in a self-assessment of health- and skill-related fitness;
- PEFPE2b:** analyze fitness assessment data, set goals, and implement a personal plan for physical fitness development;
- PEFPE2c:** apply FITT (frequency, intensity, time, and type) training principles to aerobic fitness development activities based on personal fitness goals;
- PEFPE2d:** evaluate personal fitness development plan and progress toward achievement of personal fitness goals;
- PEFPE2e:** analyze the relationship of aerobic fitness (cardiovascular and cardio-respiratory) to disease prevention and heart-rate recovery after vigorous physical activity;
- PEFPE2f:** record and analyze progress in reaching personal fitness development goals in a muscular stretching and strengthening program;
- PEFPE2g:** record and analyze progress in reaching personal fitness development goals in an aerobic fitness development program;
- PEFPE2h:** examine how physical fitness development can promote health and wellness throughout life;
- PEFPE2i:** identify reliable sources of fitness-related information on the Internet;
- PEFPE2j:** measure personal body composition and distinguish the important functions of lean and fat body mass;
- PEFPE2k:** examine the relationship between proper posture, body mechanics, and efficient movement in selected physical fitness activities;
- PEFPE2l:** identify physical exercises that can be harmful to the body and explain why they should be avoided (e.g., neck circles, deep knee bends, double leg lifts, back arching); and
- PEFPE2m:** examine the roles that proper nutrition and daily physical activity have on wellness.