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## Physical Education: Required Lifetime Sports (9–12)

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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:

### **PLSK Personal and Social Development Skills**

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

The student will:

Standards:

- PELPESK1:**   participate fully and communicate cooperatively with others;
- PELPESK2:**   perform activities safely and follow rules of etiquette and ethical behavior;
- PELPESK3:**   display age appropriate self-control and discipline;
- PELPESK4:**   display a willingness to receive and use feedback to improve performance;
- PELPESK5:**   accept the decisions of and respond positively to teachers/officials in charge of games/activities;
- PELPESK6:**   choose healthful physical activities to experience fun, challenge, self-expression and/or social interaction;
- PELPESK7:**   display an interest in and assist and encourage others' efforts;
- PELPESK8:**   display behaviors that are supportive and inclusive;
- PELPESK9:**   self-initiate behaviors that contribute to personal and partner/group effort;
- PELPESK10:**  adjust behavior to prevent/reconcile conflicts.

Strand:

### **PE1 Motor Skills and Movement Patterns**

Essential Understanding:   **PELPE1**    Competency in movement forms facilitates a desire to participate in and benefit from a lifetime of physical activity.

The student will:

Standards:

- PELPE1a:**   demonstrate competency in basic skills in a few lifetime sports;
- PELPE1b:**   evaluate personal progress towards skill competency;
- PELPE1c:**   analyze and adjust performance using informal self- and peer assessment;
- PELPE1d:**   set realistic, personal skill development goals;
- PELPE1e:**   monitor progress and modify strategies for achieving personal lifetime sports skills goals; and
- PELPE1f:**   demonstrate skill in applying rules and strategies in a few lifetime sports.

Strand:

**PE2 Physical Activity and Fitness**

Essential Understanding:

**PELPE2**

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

The student will:

Standards:

- PELPE2a:** engage in a variety of lifetime sports that promote personal health and fitness goals, documenting frequency, duration, and reasoning;
- PELPE2b:** develop personal warm-up and cool-down procedures tailored for specific lifetime sports;
- PELPE2c:** apply appropriate stretching and strengthening exercises in preparation for lifetime sports participation;
- PELPE2d:** analyze fitness level conditioning procedures associated with readiness for lifetime sports participation;
- PELPE2e:** demonstrate appropriate body alignment and breathing when performing lifetime sport skills;
- PELPE2f:** analyze common lifetime sports injuries and their prevention and treatment;
- PELPE2g:** assess lifetime sports opportunities available for school-age youth in the community; and
- PELPE2h:** modify rules, equipment, facilities to meet varying conditions for lifetime sports participation.