

# Adventure and Cooperative Activities - Level 2

**Anchor Standard 1: Motor Skills and Movement Patterns:** *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.* PE19.AC2.1

**A AC-1.1 Motor Skills and Movement Patterns: Physical fitness for outdoor adventures** PE19.AC2.1.A

- 1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in outdoor activities. PE19.AC2.1.1

**B AC-1.2 Motor Skills and Movement Patterns: Training techniques** PE19.AC2.1.B

- 2 Exhibit proper fitness component techniques in outdoor activities to achieve a desired level of health enhancement. PE19.AC2.1.2

**Anchor Standard 2: Movement and performance:** *The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.* PE19.AC2.2

**A AC-2.1 Movement and Performance: Safety** PE19.AC2.2.A

- 1 Demonstrate safe and appropriate use and care of equipment and facilities used in outdoor activities. PE19.AC2.2.1

**B AC-2.2 Movement and Performance: Techniques needed for participation** PE19.AC2.2.B

- 2 Model proper skills and components for the specified outdoor sport. PE19.AC2.2.2

**Anchor Standard 3: Physical Activity and Fitness:** *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* PE19.AC2.3

**A AC-3.1 Physical Activity and Fitness: Level of exertion** PE19.AC2.3.A

- 1 Apply skills learned to execute a higher level of physical fitness while participating in outdoor activities. PE19.AC2.3.1

**B AC-3.2 Physical Activity and Fitness: Planning outdoor adventure activities and sports** PE19.AC2.3.B

- 2 Participate in challenging activities requiring the utilization of newly-acquired skills. PE19.AC2.3.2

**Anchor Standard 4: Personal and Social Behavior:** *The physically literate individual exhibits responsible personal*

**A AC-4.1 Personal and Social Behavior: Local, state, and federal laws** PE19.AC2.4.A

- 1 Adhere to laws pertaining to outdoor sports, showing civic and personal responsibility. PE19.AC2.4.1

and social behavior that respects self and others.\_ PE19.AC2.4

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**B AC-4.2 Personal and Social Behavior: \_Responsibility for the environment\_ PE19.AC2.4.B**

- 2 Identify and describe examples of environmental civic duties and actions which will fulfill these responsibilities. PE19.AC2.4.2

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**Anchor Standard 5:  
Values Physical Activity:  
\_The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.\_ PE19.AC2.5**

**A AC-5.1 Values Physical Activity: \_Health and quality of life\_ PE19.AC2.5.A**

- 1 Plan an outdoor adventure that provides enjoyment and benefits an individual's health. PE19.AC2.5.1

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**B AC-5.2 Values Physical Activity: \_Personal and psychological responses to outdoor adventure activities\_ PE19.AC2.5.B**

- 2 Develop two types of adventure-based, group-oriented activities designed to enhance current health and wellness to support a healthier family, classroom, and community. PE19.AC2.5.2