

# Grades 9, 10

Adopted 2014

**Acquire movement and motor skills and understand concepts necessary to engage in moderate to vigorous physical activity.**

**A. Demonstrate physical competency in a variety of motor skills and movement patterns.**

- 4a. Perform skills efficiently in a variety of leisure activities, sports, creative movement, and work-related activities. 19.A.4A
- 4b. Participate daily in moderate to vigorous physical activity while performing movement patterns in a variety of activities. 19.A.4B

---

**B. Analyze various movement concepts and applications.**

- 4a. Analyze various movement patterns for efficiency and effectiveness. 19.B.4A
- 4b. Analyze multiple movement patterns with additional combination movement patterns and their effects on the brain. 19.B.4B

---

**C. Demonstrate knowledge of rules, safety and strategies during physical activity.**

- 4a. Develop rules and safety procedures for physical activities. 19.C.4A
- 4b. Select and apply offensive, defensive, and cooperative strategies in selected activities, games, and sports. 19.C.4B

---

**Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.**

**A. Know and apply the principles and components of health-related and skill-related fitness as applied to learning and performance of physical activities.**

- 4a. Interpret the effects of exercise/physical activity on the level of health-related and skill-related fitness. 20.A.4A
- 4b. Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and know the implications of and the benefits from participation in those programs. 20.A.4B

---

**B. Assess individual fitness levels.**

- 4a. Record and interpret health-related physiological data (e.g., blood pressure, body mass index, oxygen exchange), with and without the use of technology. 20.B.4A
- 4b. Prepare an individual health-related fitness profile and evaluate fitness level on each component. 20.B.4B
- 4c. Understand and explain the importance of fitness as it relates to academic performance. 20.B.4C

---

**C. Set goals based on fitness data and develop, implement, and monitor an individual fitness improvement plan.**

- 4a. Set realistic, short-term, health-related fitness goals based on individual profiles. 20.C.4A
  - 4b. Analyze personal fitness data and academic performance and describe the correlation between the two. 20.C.4B
  - 4c. Evaluate physical fitness services, products, and advertising. 20.C.4C
  - 4d. Design and implement a personal fitness program. 20.C.4D
- 

**Develop skills necessary to become a successful member of a team by working with others during physical activity.**

**A. Demonstrate personal responsibility during group physical activities.**

- 4a. Demonstrate decision-making skills both independently and with others during physical activities. 21.A.4A
  - 4b. Apply identified procedures and safe practices to all group physical activity settings. 21.A.4B
  - 4c. Complete a given task on time. 21.A.4C
- 

**B. Demonstrate cooperative skills during structured group physical activity.**

- 4a. Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering). 21.B.4A
- 

**Understand principles of health promotion and the prevention and treatment of illness and injury.**

**A. Explain the basic principles of health promotion, illness prevention and safety including how to access valid information, products, and services.**

- 4a. Compare and contrast communicable, chronic, and degenerative illnesses (e.g., influenza, cancer, arthritis). 22.A.4A
  - 4b. Analyze possible outcomes of effective health promotion and illness prevention (e.g., reduction in stress, improved fitness, lessened likelihood of injury and illness). 22.A.4B
  - 4c. Demonstrate basic procedures in injury prevention and emergency care that can be used in the home, workplace, and community (e.g., first aid, CPR). 22.A.4C
  - 4d. Research and report about a career in health promotion, health care and injury prevention. 22.A.4D
- 

**B. Describe and explain the factors that influence health among individuals, groups, and communities.**

- 4a. Explain social and economic effects of health problems on individuals and society (e.g., cost of health care, reduction in productivity). 22.B.4A
- 

**C. Explain how the environment can affect health.**

- 4a. Analyze how environmental conditions can affect health on a large scale (e.g., acid rain, oil spills, solid waste contamination, nuclear leaks, ozone depletion). 22.C.4A

---

**D. Describe how to advocate for the health of individuals, families and communities.**

- 4a. Identify health resources to help influence others in making healthy choices. 22.D.4A
- 

**Understand human body systems and factors that influence growth and development.**

**A. Describe and explain the structure and functions of the human body systems and how they interrelate.**

- 4a. Explain how body system functions can be maintained and improved (e.g., exercise/fitness, nutrition, safety). 23.A.4A
- 

**B. Explain the effects of health-related actions on the body systems.**

- 4a. Explain immediate and long-term effects of health habits on the body systems (e.g., diet/heart disease, exercise/fat reduction, stress management/emotional health). 23.B.4A
- 

**C. Describe factors that affect growth and development.**

- 4a. Describe changes in physical health and body functions at various stages of the life cycle. 23.C.4A
- 

**D. Describe and explain the structures and functions of the brain and how they are impacted by different types of physical activity and levels of fitness.**

- 4a. Explain how brain functions can be maintained and improved through activity. 23.D.4A
- 

**Promote and enhance health and well-being through the use of effective communication and decision-making skills.**

**A. Demonstrate procedures for communicating in positive ways, resolving differences and preventing conflict.**

- 4a. Describe the effects (e.g., economic losses, threats to personal safety) of conflict and violence upon the health of individuals, families, and communities. 24.A.4A
- 4b. Formulate strategies to prevent conflict and resolve differences. 24.A.4B
- 

**B. Apply decision-making skills related to the protection and promotion of individual, family, and community health.**

- 4a. Explain how decision making affects the achievement of individual health goals. 24.B.4A
- 

**C. Demonstrate skills essential to enhancing health and avoiding dangerous situations.**

- 4a. Formulate a plan to achieve individual health goals. 24.C.4A