

Physical Education: 4 Years

Skillfulness

1 Students will demonstrate the ability to enhance their performance of a variety of physical skills by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills. 1

A Fundamental Movement 1.A

1 Show fundamental movement skills. 1.A.1

B Creative Movement 1.B

1 Show creative movement. 1.B.1

C Skill Themes 1.C

1 Show skill themes. 1.C.1

Biomechanical Principles

2 Students will demonstrate an ability to use the principles of biomechanics to generate and control force to improve their movement effectiveness and safety. 2

A Effects on Objects 2.A

1 Identify ways that people and objects move. 2.A.1

B Balance 2.B

1 Identify balance through movement. 2.B.1

Motor Learning Principles:

3 Students will demonstrate the ability to use motor skill principles to learn and develop proficiency through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations. 3

A Appropriate Practices 3.A

1 Recognize that skills will develop over time with appropriate practice and use of the correct cues. 3.A.1

B Corrective Feedback 3.B

1 Identify the importance of corrective feedback on performance. 3.B.1

Exercise Physiology

4 Students will demonstrate the ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance in a variety of academic, recreational, and life tasks. 4

A Effects of Physical Activity on the Body 4.A

1 Identify the effects of physical activity on the body systems. 4.A.1

B FITT Guidelines 4.B

C Components of Fitness 4.C

1 Identify the components of fitness. 4.C.1

D Benefits of Physical Activity 4.D

1 Recognize the benefits of physical activity. 4.D.1

E Nutrition and Physical Activity 4.E

1 Recognize the relationship between nutrition and physical activity. 4.E.1

F Exercise Adherence 4.F

1 Recognize the factors influencing daily physical activity. 4.F.1

Physical Activity

5 Students will demonstrate the ability to use the principles of exercise physiology, social psychology, and biomechanics to design and adhere to a regular, personalized, purposeful program of physical activity consistent with their health, performance, and fitness goals in order to gain health and cognitive/academic benefits. 5

A Aerobic Fitness 5.A

1 Identify and show individual aerobic capacity/cardio respiratory fitness. 5.A.1

B Muscular Strength and Endurance 5.B

1 Identify and show activities for muscular strength and muscular endurance. 5.B.1

C Flexibility 5.C

1 Identify and show activities for flexibility. 5.C.1