



## **CYSD CURRICULUM ADOPTIONS**

**2019 – 2020**

**K – 12 PHYSICAL EDUCATION/HEALTH**

PE - Phys Ed (K - Kindergarten)

PA - (PA) Physical Activity (K - Kindergarten -> PE - Phys Ed)

PE.K.PA.1 - Recognize the effects of physical activity on the body while engaging in regular physical fitness.

1. Participate in anaerobic and aerobic activities.
2. Participate in fitness games
3. Participate in individual, partner and group activities.

PE.K.PA.2 - Identify likes and dislikes related to physical activities and why participation in physical activity improves motor skills.

1. Identify the health benefits of participation in different physical activities.
2. Experience multi-cultural physical activities

PE.K.PA.3 - Recognize positive and negative interaction of small group activities.

1. Demonstrate skills and rules needed for cooperative activities/games.
2. Participate in cooperative activities/games.

SIP - (SIP) Safety and Injury Prevention (K - Kindergarten -> PE - Phys Ed)

PE.K.SIP.1 - Identify and use safe practices in physical activity settings.

1. Explain ways to avoid injury.
2. Demonstrate appropriate safety practices.
3. Identify the purpose of a warm-up and cool-down.

SPO - (SPO) Components and Strategies for Individual and (K - Kindergarten -> PE - Phys Ed)

Content (Level -> Learning Area)

<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
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K - Kindergarten -> PE - Phys Ed -> SPO - (SPO) Components and Strategies for Individual and continued...

PE.K.SPO.1 - Recognize, describe and use basic movement skills and concepts while using appropriate vocabulary.

1. Develop gross motor skills
2. Develop eye-hand/eye-foot coordination.
3. Demonstrate movement patterns in isolation and in combinations.

PE.K.SPO.2 - Know the function of practice

1. Participate in practice skills such as repetition.

PE.K.SPO.3 - Identify and use principles of exercise to improve movement and fitness activities.

1. Develop health-related components of fitness (flexibility, strength, muscular endurance, cardiovascular endurance)
2. Develop skill-related components of fitness (balance, coordination, speed, reaction time, power, and agility).

PE.K.SPO.4 - Know and describe scientific principles that affect movement and skills using appropriate vocabulary.

1. Apply scientific principles (balance, center of gravity, flight patterns, weight transfer, tumbling, climbing) to a variety of movement skills and act

PE.K.SPO.5 - Recognize and describe strategies needed for games and activities.

1. Demonstrate the skills and rules needed for game strategy.

\*\*\*\*\* End of report \*\*\*\*\*

Content (Level -> Learning Area)

	<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
1	-	Grade 1					
PE	-	Phys Ed (1	-	Grade 1)			
PA	-	(PA) Physical Activity (1	-	Grade 1 -> PE	-	Phys Ed)	
PE.1.PA.1					- Recognize the effects of physical activity on the body while engaging in regular physical fitness.		
					1. Participate in anaerobic and aerobic activities.		
					2. Participate in fitness games.		
					3. Participate in individual, partner and group activities.		
PE.1.PA.2					- Identify likes and dislikes related to physical activities and why participation in physical activity improves motor skills		
					1. Identify the health benefits of participation in different physical activities.		
					2. Experience multi-cultural physical activities.		
PE.1.PA.3					- Recognize positive and negative interaction of small group activities.		
					1. Demonstrate skills and rules needed for cooperative activities/games.		
					2. Participate in cooperative activities/games.		
SIP	-	(SIP) Safety and Injury Prevention (1	-	Grade 1 -> PE	-	Phys Ed)	
PE.1.SIP.1					- Identify and use safe practices in physical activity settings		
					1. Explain ways to avoid injury.		
					2. Demonstrate appropriate safety practices.		
					3. Identify the purpose of a warm-up and cool-down.		
SPO	-	(SPO) Components and Strategies for Individual and (1	-	Grade 1 -> PE	-	Phys Ed)	
PE.1.SPO.1					- Recognize, describe and use basic movement skills and concepts while using appropriate vocabulary.		
					1. Develop gross motor skills		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combinations.		
PE.1.SPO.2					- Know the function of practice.		
					1. Participate in practice skills such as repetition.		
PE.1.SPO.3					- Identify and use principles of exercise to improve movement and fitness activities.		
					1. Develop health-related components of fitness (flexibility, strength, muscular endurance, cardiovascular endurance)		
					2. Develop skill-related components of fitness (balance, coordination, speed, reaction time, power, and agility).		
					3. Apply the F.I.T.T. principle to fitness activities.		
PE.1.SPO.4					- Know and describe scientific principles that affect movement and skills using appropriate vocabulary.		
					1. Apply scientific principles (balance, center of gravity, flight patterns, weight transfer, tumbling, climbing) to a variety of movement skills and ac		
PE.1.SPO.5					- Recognize and describe strategies needed for games and activities.		
					1. Demonstrate the skills and rules needed for game strategy.		

2. Grade

2 - Grade 2

PE - Phys Ed (2 - Grade 2)

AQ - (AQ) Aquatics (2 - Grade 2 -> PE - Phys Ed)

PE.2.AQ.1 - Practical application of water safety standards and principles.



	Type	Year	Entity	Key	Description	Subject	Status
- Grade 2 -> PE	- Phys Ed -> AQ				- (AQ) Aquatics continued...		
					1. Practical application of water safety standards and principles		
					2. Explain rules and regulations and how they promote safety.		
					3. Demonstrate the application of reaching and throwing assists in shallow water.		
					4. Demonstrate proper use of a Personal Flotation Device. (PFD)		
					5. Demonstrate how to safely and effectively use simple rescue equipment.		
					6. Understand the different effects weather has on water.		
					7. Understanding what to do in emergency situations.		
					8. Demonstrate basic canoeing skills.		
PE.2.AQ.2					- Aquatics Skill Development		
					1. Perform basic swimming strokes (freestyle, backstroke).		
					2. Demonstrate acclimation to water.		
					3. Demonstrate ability to tread water.		
					4. Demonstrate ability to prolong survival in water by floating on back and stomach.		
					5. Demonstrate proper technique when diving into deep water.		
					6. Demonstrate proper kicking techniques on both stomach and back.		
					7. Demonstrate proper breathing techniques while swimming.		
PA	- (PA) Physical Activity (2	- Grade 2 -> PE	- Phys Ed)				
PE.2.PA.1					- Recognize the effects of physical activity on the body while engaging in regular physical fitness.		
					1. Participate in anaerobic and aerobic activities.		
					2. Participate in fitness games.		
					3. Participate in individual, partner and group activities.		
PE.2.PA.2					- Identify likes and dislikes related to physical activities and why participation in physical activity improves motor skills.		
					1. identify the health benefits of participation in different physical activities.		
					2. Experience multi-cultural physical activities.		
PE.2.PA.3					- Recognize positive and negative interaction of small group activities.		
					1. Demonstrate skills and rules needed for team cooperative activities/games.		
					2. Participate in cooperative activities/games.		
SIP	- (SIP) Safety and Injury Prevention (2	- Grade 2 -> PE	- Phys Ed)				
PE.2.SIP.1					- Identify and use safe practices in physical activity settings		
					1. Explain ways to avoid injury		
					2. Demonstrate appropriate safety practices.		
					3. Identify the purpose of a warm-up and cool-down.		
SPO	- (SPO) Components and Strategies for Individual and (2	- Grade 2 -> PE	- Phys Ed)				
PE.2.SPO.1					- Recognize, describe and use basic movement skills and concepts while using appropriate vocabulary.		
					1. Develop gross motor skills.		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combinations.		
PE.2.SPO.2					- Know the function of practice.		
					1. Participate in practice skills such as repetition.		
PE.2.SPO.3					- Identify and use principles of exercise to improve movement and fitness activities.		
					1. Develop health-related components of fitness (flexibility, strength, muscular endurance, cardiovascular endurance)		
					2. Develop skill-related components of fitness (balance, coordination, speed, reaction time, power, and agility).		

Content (Level -> Learning Area)

	Type	Year	Entity	Key	Description	Subject	Status
2	-	Grade 2 -> PE	-	Phys Ed -> SPO	- (SPO) Components and Strategies for Individual and continued...		
					3. Apply the F.I.T.T. principle to fitness activities.		
	PE.2.SPO.4				- Know and describe scientific principles that affect movement and skills using appropriate vocabulary		
					1. Apply scientific principles (balance, center of gravity, flight patterns, weight transfer, tumbling, climbing) to a variety of movement skills and act		
	PE.2.SPO.5				- Recognize and describe strategies needed for games and activities.		
					1. Demonstrate the skills and rules needed for game strategy.		
3	-	Grade 3					
PE	-	Phys Ed (3	-	Grade 3)			
PA	-	(PA) Physical Activity (3	-	Grade 3 -> PE	- Phys Ed)		
	PE.3.PA.1				- Recognize the effects of physical activity on the body while engaging in regular physical fitness.		
					1. Participate in anaerobic and aerobic activities.		
					2. Participate in fitness games.		
					3. Participate in individual, partner and group activities		
	PE.3.PA.2				- Identify likes and dislikes related to physical activities and why participation in physical activity improves motor skills.		
					1. Identify the health benefits of participation in different physical activities.		
					2. Experience multi-cultural physical activities.		
	PE.3.PA.3				- Recognize positive and negative interaction of small group activities.		
					1. Demonstrate skills and rules needed for cooperative activities/games.		
					2. Participate in cooperative activities/games.		
SIP	-	(SIP) Safety and Injury Prevention (3	-	Grade 3 -> PE	- Phys Ed)		
	PE.3.SIP.1				- Safety and Injury Prevention in Physical Activity		
					1. Explain ways to avoid injury.		
					2. Demonstrate appropriate safety practices.		
					3. Identify the purpose of a warm-up and cool-down.		
SPO	-	(SPO) Components and Strategies for Individual and (3	-	Grade 3 -> PE	- Phys Ed)		
	PE.3.SPO.1				- Recognize, describe and use basic movement skills and concepts while using appropriate vocabulary.		
					1. Develop gross motor skills.		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combinations.		
	PE.3.SPO.2				- Know the function of practice.		
					1. Participate in practice skills such as repetition.		
	PE.3.SPO.3				- Identify and use principles of exercise to improve movement and fitness activities.		
					1. Develop health-related components of fitness (flexibility, strength, muscular endurance, cardiovascular endurance)		
					2. Develop skill-related components of fitness (balance, coordination, speed, reaction time, power, and agility).		
					3. Apply the F.I.T.T. principle to fitness activities.		
	PE.3.SPO.4				- Know and describe scientific principles that affect movement and skills using appropriate vocabulary.		
					1. Apply scientific principles (balance, center of gravity, flight patterns, weight transfer, tumbling, climbing) to a variety of movement skills and act		
	PE.3.SPO.5				- Recognize and describe strategies needed for games and activities.		



Content (Level -> Learning Area)

	Type	Year	Entity	Key	Description	Subject	Status
3	- Grade 3 -> PE	- Phys Ed -> SPO	- (SPO) Components and Strategies for Individual and continued...				
					1. Demonstrate the skills and rules needed for game strategy.		
4	- Grade 4						
PE	- Phys Ed (4	- Grade 4)					
AQ	- (AQ) Aquatics (4	- Grade 4 -> PE	- Phys Ed)				
PE.4.AQ.1					- Practical application of water safety standards and principles.		
					1. Identify decision making skills and how they apply to water safety.		
					2. Explain rules and regulations and how they promote safety.		
					3. Demonstrate the application of reaching and throwing assists in deep water.		
					4. Demonstrate proper use of a Personal Flotation Device. (PFD)		
					5. Demonstrate how to safely and effectively use simple rescue equipment.		
					6. Understand the different effects weather has on water.		
					7. Practice swimming with a buddy, not alone.		
					8. Understanding what to do in emergency situations.		
					9. Demonstrate basic canoeing skills and boating safety.		
PE.4.AQ.2					- Aquatics Skill Development		
					1. Perform basic swimming strokes (freestyle, backstroke, breaststroke, butterfly) at a novice level		
					2. Perform a safety swimming stroke (elementary backstroke).		
					3. Demonstrate ability to tread water.		
					4. Demonstrate ability to prolong survival in water by floating on back and stomach.		
					5. Demonstrate proper technique when diving into deep water.		
					6. Demonstrate proper kicking techniques on both stomach and back		
PA	- (PA) Physical Activity (4	- Grade 4 -> PE	- Phys Ed)				
PE.4.PA.1					- Engage in moderate to vigorous physical activities and explain the effects on the body systems.		
					1. Participate in anaerobic/aerobic activities.		
					2. Participate in fitness games		
					3. Participate in individual, partner, and or group activities.		
PE.4.PA.2					- Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity		
					1. Monitor progress in various activities via pulse checks and/or pedometers		
					2. Monitor breathing rate and body temperature while participating in physical activity		
PE.4.PA.3					- Describe factors that affect childhood physical activity preferences and the relationship between regular participation and the degree of motor skill		
					1. Identify the benefits of participation in different physical activities		
					2. Experience multi-cultural physical activities		
PE.4.PA.4					- Identify and describe positive and negative interactions of group members in physical activities.		
					1. Participate in cooperative activities and games.		
					2. Compare and contrast good sportsmanship versus poor play.		
SIP	- (SIP) Safety and Injury Prevention (4	- Grade 4 -> PE	- Phys Ed)				
PE.4.SIP.1					- Analyze the role of individual responsibility for safety during physical activity.		
					1. Explain ways to avoid injury.		
					2. Demonstrate appropriate safety practices.		
					3. Identify the purpose of warm-up/cool-down.		
SPO	- (SPO) Components and Strategies for Individual and (4	- Grade 4 -> PE	- Phys Ed)				
PE.4.SPO.1					- Identify, explain, and apply a variety of movement skills and concepts to create and perform movement sequences and advanced skills.		

Content (Level -> Learning Area)

	Type	Year	Entity	Key	Description	Subject	Status
4	- Grade 4 -> PE	- Phys Ed -> SPO	- (SPO) Components and Strategies for Individual and continued...				
					1. Develop gross motor skills.		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combination.		
	PE.4.SPO.2				- Describe the relationship between practice and skill development		
					1. Participate in practicing skills.		
	PE.4.SPO.3				- Describe and apply the principles of exercise to the components of health-related and skill-related fitness.		
					1. Develop health-related components of physical fitness (flexibility, muscular strength, muscular endurance, cardiovascular endurance).		
					2. Develop skill-related components of physical fitness (agility, speed, power, balance, coordination, reaction time).		
					3. Apply the F.I.T.T. (frequency, intensity, time, type).		
	PE.4.SPO.4				- Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary		
					1. Apply scientific principles (balance, center of gravity, flight patterns, etc.) to a variety of movement skills and activities.		
	PE.4.SPO.5				- Identify and apply game strategies to basic games and physical activities.		
					1. Explain rules needed for team sport/activities.		
					2. Demonstrate skills needed for team sport/activities.		
					3. Apply strategies needed for team sport/activities.		
5	- Grade 5						
PE	- Phys Ed (5	- Grade 5)					
PA	- (PA) Physical Activity (5	- Grade 5 -> PE	- Phys Ed)				
	PE.5.PA.1				- Engage in moderate to vigorous physical activities and explain the effects on the body systems.		
					1. Participate in anaerobic/aerobic activities.		
					2. Participate in fitness games		
					3. Participate in individual, partner, and or group activities.		
	PE.5.PA.2				- Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.		
					1. Monitor progress in various activities via pulse checks and/or pedometers.		
					2. Monitor breathing rate and body temperature while participating in physical activity.		
	PE.5.PA.3				- Describe factors that affect childhood physical activity preferences and the relationship between regular participation and the degree of motor skill		
					1. Identify the benefits of participation in different physical activities.		
					2. Experience multi-cultural physical activities		
	PE.5.PA.4				- Identify and describe positive and negative interactions of group members in physical activities.		
					1. Participate in cooperative activities and games.		
					2. Compare and contrast good sportsmanship versus poor play.		
SIP	- (SIP) Safety and Injury Prevention (5	- Grade 5 -> PE	- Phys Ed)				
	PE.5.SIP.1				- Analyze the role of individual responsibility for safety during physical activity.		
					1. Explain ways to avoid injury.		
					2. Demonstrate appropriate safety practices.		
					3. Demonstrate appropriate safety practices.		
SPO	- (SPO) Components and Strategies for Individual and (5	- Grade 5 -> PE	- Phys Ed)				
	PE.5.SPO.1				- Identify, explain, and apply a variety of movement skills and concepts to create and perform movement sequences and advanced skills.		



Content (Level -> Learning Area)

	Type	Year	Entity	Key	Description	Subject	Status
5	-	Grade 5 -> PE	-	Phys Ed -> SPO	- (SPO) Components and Strategies for Individual and continued...		
					1. Develop gross motor skills.		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combination.		
	PE.5.SPO.2				- Describe the relationship between practice and skill development.		
					1. Participate in practicing skills.		
	PE.5.SPO.3				- Describe and apply the principles of exercise to the components of health-related and skill-related fitness.		
					1. Develop health-related components of physical fitness (flexibility, muscular strength, muscular endurance, cardiovascular endurance).		
					2. Develop skill-related components of physical fitness (agility, speed, power, balance, coordination, reaction time).		
					3. Apply the F.I.T.T. (frequency, intensity, time, type).		
	PE.5.SPO.4				- Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary.		
					1. Apply scientific principles (balance, center of gravity, flight patterns, etc.) to a variety of movement skills and activities		
	PE.5.SPO.5				- Identify and apply game strategies to basic games and physical activities.		
					1. Explain rules needed for team sport/activities		
					2. Demonstrate skills needed for team sport/activities.		
					3. Apply strategies needed for team sport/activities.		
6	-	Grade 6					
	PE	-	Phys Ed (6	-	Grade 6)		
	PA	-	(PA) Physical Activity (6	-	Grade 6 -> PE - Phys Ed)		
	PE.6.PA.1				- Engage in moderate to vigorous physical activities and explain the effects on the body systems.		
					1. Participate in anaerobic/aerobic activities.		
					2. Participate in fitness games.		
					3. Participate in individual, partner, and or group activities.		
	PE.6.PA.2				- Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.		
					1. Monitor progress in various activities via pulse checks and/or pedometers.		
					2. Monitor breathing rate and body temperature while participating in physical activity.		
	PE.6.PA.3				- Describe factors that affect childhood physical activity preferences and the relationship between regular participation and the degree of motor skill		
					1. Identify the benefits of participation in different physical activities.		
					2. Experience multi-cultural physical activities		
	PE.6.PA.4				- Identify and describe positive and negative interactions of group members in physical activities.		
					1. Participate in cooperative activities and games.		
					2. Compare and contrast good sportsmanship versus poor play.		
	SIP	-	(SIP) Safety and Injury Prevention (6	-	Grade 6 -> PE - Phys Ed)		
	PE.6.SIP.1				- Analyze the role of individual responsibility for safety during physical activity.		
					1. Explain ways to avoid injury		
					2. Demonstrate appropriate safety practices.		
					3. Identify the purpose of warm-up/cool-down.		
	SPO	-	(SPO) Components and Strategies for Individual and (6	-	Grade 6 -> PE - Phys Ed)		
	PE.6.SPO.1				- Identify, explain, and apply a variety of movement skills and concepts to create and perform movement sequences and advanced skills.		



Content (Level -> Learning Area)

	<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
6	-	Grade 6 ->	PE	-	Phys Ed ->	SPO	- (SPO) Components and Strategies for Individual and continued...
					1. Develop gross motor skills.		
					2. Develop eye-hand/eye-foot coordination.		
					3. Demonstrate movement patterns in isolation and in combination.		
	PE.6.SPO.2				- Describe the relationship between practice and skill development.		
					1. Participate in practicing skills.		
	PE.6.SPO.3				- Describe and apply the principles of exercise to the components of health-related and skill-related fitness.		
					1. Develop health-related components of physical fitness (flexibility, muscular strength, muscular endurance, cardiovascular endurance).		
					2. Develop skill-related components of physical fitness (agility, speed, power, balance, coordination, reaction time).		
					3. Apply the F.I.T.T. (frequency, intensity, time, type).		
	PE.6.SPO.4				- Identify and use scientific principles that affect basic movement and skills using appropriate vocabulary		
					1. Apply scientific principles (balance, center of gravity, flight patterns, etc.) to a variety of movement skills and activities.		
	PE.6.SPO.5				- Identify and apply game strategies to basic games and physical activities.		
					1. Explain rules needed for team sport/activities.		
					2. Demonstrate skills needed for team sport/activities.		
					3. Apply strategies needed for team sport/activities.		
7-8	-	Grades 7-8					
PE	-	Phys Ed (7-8	-	Grades 7-8)			
PA	-	(PA) Physical Activity (7-8	-	Grades 7-8 ->	PE	-	Phys Ed)
	PE.7-8.PA.1				- Analyze and engage in physical activities for the achievement of personal fitness and activity goals		
					1. Understand how cardiovascular endurance affects your personal fitness level		
					2. Recognize and participate in activities that require muscular strength and/or muscular endurance		
					3. Appreciate the differences and similarities in body composition among people in physical activity settings		
					4. Discuss the importance of flexibility in maintaining good health		
	PE.7-8.PA.2				- Analyze the effects of regular participation in moderate to vigorous physical activities in relation to adolescent health improvement		
					1. Identify the characteristics of a healthy active lifestyle as it relates to: stress management, disease prevention, weight management		
					2. Identify the health benefits of participation in different physical activities		
	PE.7-8.PA.3				- Analyze factors that affect the responses of body systems during moderate to vigorous physical activities		
					1. Identify the factors that influence exercise on the human body		
					2. List the components of a healthy fitness zone		
					3. Identify and apply types of physical activity that affect physical performance		
	PE.7-8.PA.4				- Analyze factors that affect physical activity preferences of adolescents		
					1. Discuss the impact of skill competence in physical activity		
					2. Describe the social benefits of regular physical activity		
					3. Compare the relationship between previous experience and competence in physical activities		
	PE.7-8.PA.5				- Analyze factors that impact on the relationship between regular participation in physical activity and motor skill improvement		
					1. Recognize the differences and similarities in development among people in physical activity settings		
					2. Identify personal choices that promote regular physical activity		

Content (Level -> Learning Area)

	Type	Year	Entity	Key	Description	Subject	Status
7-8	-	Grades 7-8 -> PE	-	Phys Ed -> PA	- (PA) Physical Activity continued...		
					3. Engage in skill performance to enhance motor skill development		
					4. Describe the amount of physical activity per week that would enhance personal physical fitness		
	PE.7-8.PA.6				- Analyze the effects of positive and negative interactions of adolescent group members in physical activities		
					1. Use feedback, peer evaluation, and problem solving as instruments for improving team interaction		
					2. Define a positive plan of open communication among all participants		
	SIP	-	(SIP) Safety and Injury Prevention (7-8	-	Grades 7-8 -> PE	-	Phys Ed)
	PE.7-8.SIP.1				- Analyze the role of individual responsibility for safety during organized group activities		
					1. Demonstrate responsible behavior while participating in physical activity		
					2. Use equipment and space safely and properly (use equipment as intended or directed, take turns, put equipment away, aware of others)		
					3. Perform effective spotting techniques for appropriate physical activities (weight-lifting, cooperative games, rock wall)		
	SPO	-	(SPO) Components and Strategies for Individual and (7-8	-	Grades 7-8 -> PE	-	Phys Ed)
	PE.7-8.SPO.1				- Describe and apply the concepts of skill-related fitness to movement performance		
					1. Understand how agility affects your fitness during physical activity		
					2. Understand how reaction time and speed affects your fitness during physical activity		
					3. Understand how balance and coordination influence your fitness during physical activity		
					4. Understand how power affects your fitness during physical activity		
	PE.7-8.SPO.2				- Apply concepts of motor skill development to complex movement		
					1. Discuss various types of skill that will lead to increased complex movement performance		
					2. Discuss the stages of learning a motor skill that impact performance outcomes: verbal cognitive, motor, automatic		
	PE.7-8.SPO.3				- Identify and apply practice strategies for skill improvement		
					1. Apply sport specific skills in physical activities		
					2. Demonstrate appropriate behavior during various games and activities		
					3. Create a modified game using sport specific skills		
	PE.7-8.SPO.4				- Identify and describe the principles of training using appropriate vocabulary		
					1. Recognize and participate in activities that require muscular strength and/or muscular endurance during aerobic/anaerobic activities		
					2. Understand how cardiovascular endurance affect your personal fitness level during aerobic/anaerobic activities		
					3. Appreciate the differences and similarities in body composition among adolescents in physical activity which would incorporate: circuit/intervals train		
	PE.7-8.SPO.5				- Describe and apply game strategies to complex games and physical activities		
					1. Identify and apply offensive and defensive game strategies in basic games and physical activities		
					2. Demonstrate knowledge of rules during game play		
9	-	Grade 9					
9-12	-	Grades 9-12					
	PE	-	Phys Ed (9-12	-	Grades 9-12)		
	AQ	-	(AQ) Aquatics (9-12- Grades 9-12 -> PE	-	Phys Ed)		
	PE.9-12.AQ.1				- Practical application of water safety standards and principles.		
					1. Identify decision making skills and how they apply to lifeguarding.		
					2. Explain how rules and regulations promote patron safety.		



Content (Level -> Learning Area)

Type	Year	Entity	Key	Description	Subject	Status
9-12	-	Grades 9-12 -> PE	-	Phys Ed -> AQ	-	(AQ) Aquatics continued...
				3. Explain the purpose of an Emergency Action Plan. (EAP)		
				4. Demonstrate how to use a backboard to care for head, neck and back injuries in shallow and deep water.		
				5. Demonstrate the application of reaching and throwing assists.		
				6. Demonstrate proper use of a Personal Flotation Device. (PFD)		
				7. Demonstrate advanced canoeing skills and boating safety.		
				8. Demonstrate the ability to perform a self-rescue with clothes		
				9. Demonstrate proper use of snorkeling equipment.		
PE.9-12.AQ.2				- Application of Rescue Skills		
				1. Demonstrate how to safely and effectively assist a distressed swimmer.		
				2. Demonstrate how to safely and effectively rescue an active drowning victim and passive drowning victim.		
				3. Demonstrate how to safely and effectively remove a victim from the water.		
				4. Demonstrate how to safely and effectively do a multiple victim rescue.		
				5. Demonstrate how to safely and effectively rescue a victim with a suspected head, neck, or back injury.		
				6. Demonstrate proper entries and approaches for various rescues.		
				7. Demonstrate proper CPR/AED techniques.		
				8. Demonstrate proper first aid techniques.		
PE.9-12.AQ.3				- Aquatics Skill Development		
				1. Perform basic swimming strokes (freestyle, backstroke, breaststroke, butterfly) at an advanced level.		
				2. Perform safety swimming strokes (sidestroke, elementary backstroke).		
				3. Demonstrate ability to tread water.		
				4. Demonstrate ability to prolong survival in water by floating on back and stomach.		
				5. Demonstrate proper technique when diving into deep water.		
				6. Demonstrate various aquatic fitness exercises.		
				7. Perform turns for basic swimming strokes (flip and open).		
				8. Demonstrate the various positions for sculling.		
PE.9-12.AQ.4				- Water Safety Instruction		
				1. Develop lesson plans for all swimming levels.		
				2. Perform proper teaching techniques for all swimming levels.		
				3. Perform proper teaching techniques for starts, turns, and diving.		
				4. Perform proper teaching techniques for water safety-prevention.		
PA	-	(PA) Physical Activity (9-12 - Grades 9-12 -> PE	-	Phys Ed)		
PE.9-12.PA.1				- Participation in physical activity to demonstrate relationship to good health.		
				1. Calculate target heart rate.		
				2. Identify resting heart rate.		
				3. Determine achievement of individual fitness goals.		
				4. Recognize and use basic movement skills.		
				5. Participates in various physical fitness activities.		
PE.9-12.PA.2				- Physical activity and group interaction		
				1. Identify and use principles of exercise to improve performance and fitness activities.		
				2. Describe and apply the components of skill related fitness to movement performance.		
PE.9-12.PA.3				- Establish individual wellness plan (physical).		
				1. Participates in activities that promote Cardiovascular Fitness.		
				2. Participates in activities that promote Muscular Strength.		
				3. Participates in activities that promote Muscular Endurance.		
				4. Participates in activities that promote Flexibility		
				5. Demonstrates an understanding of Body Composition.		
				6. Choose activities based on personal interests and capabilities, challenge, enjoyment, social, and physical benefits.		
PE.9-12.PA.4				- Promote development of positive self-concept, sportsmanship and a sense of fair play.		



Content (Level -> Learning Area)

<u>Type</u>	<u>Year</u>	<u>Entity</u>	<u>Key</u>	<u>Description</u>	<u>Subject</u>	<u>Status</u>
9-12	-	Grades 9-12	->	PE	-	Phys Ed -> PA
						- (PA) Physical Activity continued...
						<ol style="list-style-type: none"> <li>1. Exhibits the ability to work with others to achieve common goals.</li> <li>2. Demonstrates an understanding of the rules of various team and individual sports.</li> <li>3. Identifies the difference between inclusive and exclusionary behaviors in physical activity settings.</li> <li>4. Employ physical activity as a vehicle for self-expression.</li> </ol>
SIP	-	(SIP) Safety and Injury Prevention	(9-12	-	Grades 9-12	-> PE - Phys Ed)
PE.9-12.SIP.1				- Safe practices in physical education		
				<ol style="list-style-type: none"> <li>1. Recognize emergency strategies and explain appropriate responses.</li> <li>2. Recognize safe and unsafe practices in the home, school and community.</li> <li>3. Assess the personal and legal consequences of unsafe practices.</li> <li>4. Recognize proper safety practices in a given environment.</li> </ol>		
SPO	-	(SPO) Components and Strategies for Individual and	(9-12	-	Grades 9-12	-> PE - Phys Ed)
PE.9-12.SPO.1				- Identification of movement skills and concepts.		
				<ol style="list-style-type: none"> <li>1. Understands the critical elements of a variety of basic movement patterns.</li> <li>2. Understands and uses a vocabulary of basic movements concepts.</li> <li>3. Uses concepts of space awareness and movement control with a variety of basic skills.</li> </ol>		
PE.9-12.SPO.2				- Demonstrates understanding of sport and game strategies.		
				<ol style="list-style-type: none"> <li>1. Uses offensive and defensive strategies and appropriate rules for sports and other physical activities.</li> <li>2. Uses advanced sport specific skills in selected physical activities.</li> <li>3. Uses skills in complex rather than modified versions of physical activities.</li> </ol>		
PE.9-12.SPO.3				- Principles of exercise.		
				<ol style="list-style-type: none"> <li>1. Develop an understanding of the biomechanical concepts that govern different types of movement.</li> <li>2. Identifies the physiological principles governing fitness maintenance and improvement.</li> <li>3. Engages in activities that develop and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition.</li> </ol>		