

**IDAHO CONTENT STANDARDS**  
**GRADE K-2**  
**PHYSICAL EDUCATION**

**Kindergarten-2<sup>nd</sup> Grade**

**Physical literacy: Possessing both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.**

**Standard 1: Skilled Movement**

**Goal 1.1: ~~Demonstrate~~ The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**Objective(s): By the end of grade 2, students will:**

- K-2.PE.1.1.1 Achieve mature forms in the basic locomotor skills (e.g., walking, running, skipping, ~~etc.~~) and vary the manner in which these skills are performed during changing conditions and expectations (e.g., the elements of movement, levels, speeds, pathways, relationships, and effort).
- K-2.PE.1.1.2 Demonstrate smooth transitions between sequential locomotor, non-locomotor, and manipulative skills (~~e.g. PEmetrics, etc.~~).
- K-2.PE.1.1.3 ~~Achieve mature~~ Demonstrate emerging form in the less complex manipulative skills (e.g., ~~underhand~~ throwing, catching, rolling, ~~etc.~~) and show progress toward achieving mature form in the more complex manipulative skills (e.g., ~~foot~~ dribbling, overhand throw, kicking, ~~striking~~ etc.).
- K-2.PE.1.1.4 Demonstrate control in non-locomotor skills (e.g., twisting, bending, weight-transfer, ~~etc.~~) as well as weight-bearing and balancing on a variety of body parts (e.g., symmetrical/asymmetrical, stork stand, partner balances, etc.).

**Standard 2: Movement Knowledge**

**Goal 2.1: ~~Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities~~ The physically literate individual demonstrates understanding of concepts, principles, strategies, and tactics related to movement and to the performance of physical activities.**

**Objective(s): By the end of grade 2, students will:**

- K-2.PE.2.1.1 Identify simple biomechanical principles (e.g., opposition, weight transfer, wide base of support for stability, ~~etc.~~).

- K-2.PE.2.1.2 Identify and apply critical cues and concepts of body, space, effort, time, and relationships that vary the quality of movement (e.g., side to target, move in personal space, throw hard for distance, name different pathways, ~~etc.~~).

### **Standard 3: Valuing a Physically Active Lifestyle**

**Goal 3.1: ~~Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.~~**

**Objective(s): By the end of grade 2, students will:**

- ~~K-2.PE.3.1.1 — Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 33% of the lesson time (e.g., time assessment, pedometer = 1800 steps in a 30-minute class or 60 steps per minute, etc.).~~
- ~~K-2.PE.3.1.2 — Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).~~
- ~~K-2.PE.3.1.3 — Express feelings about participation appropriately during physical activity (e.g., use of emoticons like smiley faces and thumb up/down, etc.).~~

### **Standard 43: Health-Enhancing Personal Fitness**

**Goal 43.1: ~~Achieve and maintain a health-enhancing level of physical fitness. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.~~**

**Objective(s): By the end of grade 2, students will:**

- K-2.PE.43.1.1 Engage in a variety of activities that promote 5 health-related enhancing physical fitness components (e.g., jumping rope, riding a bicycle, ~~animal walks~~, walking like an animal, ~~climbing rope wall~~, chasing and fleeing games, tumbling activities, ~~dance dancing~~ skills, walking/running program, ~~etc.~~).
- K-2.PE.43.1.2 Know and demonstrate basic knowledge of health-related fitness including cardiorespiratory endurance, muscular strength and muscular endurance, flexibility, and body composition (e.g., i.e., identify various activities that demonstrate each health-related component, ~~etc.~~).
- K-2.PE.43.1.3 Recognize physiological signs associated with participation in moderate-to-vigorous physical activity (e.g., sweating, fast heart rate, heavy breathing, muscle fatigue ~~etc.~~).

### **Standard 54: Personal and Social Responsibility**

**Goal 5.1:** ~~Exhibit responsible and social behavior that respects self and others in physical activity settings.~~ The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Objective(s): By the end of grade 2, students will:**

- K-2.PE.5.1.1.1 Apply physical education class rules, procedures, and safe practices (e.g., listen/respond to teacher and peers, respect personal space, follow directions, ~~ete~~).
- K-2.PE.5.1.1.2 Interact cooperatively using interpersonal communication during partner and small group activities (e.g., taking turns, sharing equipment, helping others, ~~ete~~).
- K-2.PE.5.1.1.3 Work together to problem solve, complete a task, and/or tackle a challenge (e.g., rock/paper/scissors, sharing, partner games, ~~ete~~).

### **Standard 5: Valuing a Physically Active Lifestyle**

**Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Objective(s): By the end of grade 2, students will:**

- K2.PE.5.1.1 Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 33% of the lesson time (e.g., time assessment, pedometer = 1800 steps in a 30 minute class or 60 steps per minute).
- K-2.PE.5.1.2 Participate daily in moderate to vigorous physical activity during and outside of class as recommended within the public health guidelines of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks).
- K-2.PE.5.1.3 Express feelings appropriately about participation during physical activity (e.g., use of emoticons like smiley faces and thumb up/down).

**IDAHO CONTENT STANDARDS**  
**GRADE 3-5**  
**PHYSICAL EDUCATION**

**Grade 3-5**

**Physical literacy: Possessing both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.**

**Standard 1: Skilled Movement**

**Goal 1.1: ~~Demonstrate~~ The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**Objective(s): By the end of grade 5, students will:**

- 3-5.PE.1.1.1 Apply fundamental, non-locomotor, locomotor, and manipulative skills in dynamic and complex movements (e.g., lead-up games, dance, educational gymnastics, ~~etc.~~).
- 3-5.PE.1.1.2 Demonstrate emerging mature movements patterns using ~~concepts of effort~~ varying levels of intensity, relationships, and body and space awareness (e.g., dodging, weight transfer, offensive and defensive tactics and strategies).
- 3-5.PE.1.1.3 Demonstrate a wide variety of specialized skills (e.g., passing a ball, softball fielding, defensive sliding, grapevine dance step, rollerblading heel stop, bicycle signaling, ~~etc.~~).

**Standard 2: Movement Knowledge**

**Goal 2.1: ~~Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.~~ The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.**

**Objective(s): By the end of grade 5, students will:**

- 3-5.PE.2.1.1 ~~Utilize~~ Demonstrate knowledge of critical cues and simple biomechanical principles to provide feedback to self and others (e.g., speed, agility, effort, opposition, balance, Did I follow through?, self and peer checklist, ~~etc.~~).
- 3-5.PE.2.1.2 Transfer concepts to new skills/games (e.g., offensive and defensive strategies, ~~bending the knees lowers the~~ center of gravity and ~~increases~~ stability, rhythm and timing, aim adjustment, placement, accuracy, scoring strategy, etc.).

- 3-5.PE.2.1.3 Identify ways to improve performance (e.g., appropriate practice, learn techniques, positive ~~self talk~~self-talk, visualize performance, positive specific feedback~~ete.~~).

### **Standard 3: Valuing a Physically Active Lifestyle**

#### **Goal 3.1: Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.**

##### **Objective(s): By the end of grade 5, students will:**

- 3-5.PE.3.1.1 — Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 33% of the lesson time (e.g., time assessment, pedometer = 1800 steps in a 30-minute class or 60 steps per minute, etc.).
- 3-5.PE.3.1.2 — Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).
- 3-5.PE.3.1.3 — Identify and/or make use of opportunities at school and within the community for regular participation in physical activity (e.g., enroll in organized school activity, etc.).
- 3-5.PE.3.1.4 — Seek personally challenging experiences in physical activity (e.g., sets realistic improvement goals for a greater challenge in existing activity, etc.).

### **Standard 43: Health Enhancing Personal Fitness**

#### **Goal 43.1: — Achieve and maintain a health-enhancing level of physical fitness. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.**

##### **Objective(s): By the end of grade 5, students will:**

- 3-5.PE.43.1.1 ~~Know and demonstrate~~ Understand -the 5 health-related fitness components (cardiorespiratory endurance, muscular strength, and muscular endurance, flexibility, and body composition) by improving, meeting, and/or sustaining gender and age-related contemporary fitness standards as defined by approved tests performance on evidence-based fitness standards (e.g., Fitnessgram or President's Council-evidence-based fitness tests, healthy fitness zone/level, ~~identify various~~ activities that demonstrate each health-related component, ~~ete.~~).
- 3-5.PE.43.1.2 Regularly participate in moderate-to-vigorous physical activity which that improves physical fitness (e.g., physical education class, home/school/community programs, ~~ete.~~).

- 3-5.PE.43.1.3 With teacher assistance, interpret the results and significance of information provided by formal measures of physical fitness and set and achieve attainable personal health-related fitness goals (e.g., ~~Physical Best, goal setting, evidence-based fitness results~~ete.).

## **Standard 54: Personal and Social Responsibility**

**Goal 54.1:- ~~Exhibit responsible and social behavior that respects self and others in physical activity settings. The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.~~**

**Objective(s): By the end of grade 5, students will:**

- 3-5.PE.54.1.1 Identify the purposes for and follow safe practices, rules, procedures, and etiquette (e.g., help a peer, use equipment appropriately, accept teacher decision regarding a rule infraction without blaming, ~~show respect, honesty and fairness~~ete.).
- 3-5.PE.54.1.2 Work independently and cooperatively in groups to complete tasks and challenges (e.g., develop a creative game, practice to improve performance in and out of school, team building challenges, ~~create~~ task cards, ~~provide assistance to the teacher and other students~~ete.).
- 3-5.PE.54.1.3 Appreciate the diversity of others ~~people~~ by cooperating with those of a different gender, race, ethnicity, and ability (e.g. dancing with a peer of a different gender, ~~modify-modifying~~ an activity for inclusion; ~~participating in~~ cultural games, ~~encouraging others~~ete.)

## **Standard 5: Valuing a Physically Active Lifestyle**

**Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression and/or social interaction.**

**Objective(s): By the end of grade 5, students will:**

- 3-5.PE.5.1.1 Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 33% of the lesson time (e.g., time assessment, pedometer = 1800 steps in a 30 minute class or 60 steps per minute).
- 3-5.PE.5.1.2 Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day within the public health guidelines (e.g., student-initiated involvement, before and after school programs, community fitness events, run/walk programs).

3-5.PE.5.1.3 Seek personally challenging experiences in physical activity (e.g., personal fitness goals, attempt new activities, set realistic improvement goals for a greater challenge in existing activity).

**IDAHO CONTENT STANDARDS**  
**GRADE 6-8**  
**PHYSICAL EDUCATION**

**Grade 6-8**

**Physical literacy: Possessing both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.**

**Standard 1: Skilled Movement**

**Goal 1.1: ~~Demonstrate~~ The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**Objective(s): By the end of grade 8, students will:**

- 6-8.PE.1.1.1 Demonstrate mature form in the basic skills of more specialized activities (e.g., wall/net, invasion, field/striking, target, dance, aquatics, outdoor activities, fitness, resistance training~~etc.~~).
- 6-8.PE.1.1.2 Adapt and combine skills successfully in modified games or activities of increasing complexity; ~~and in combination with other basic skills.~~
- 6-8.PE.1.1.3 Demonstrate movement tactics and strategies that can be applied to a variety of ~~sports and~~ physical activities (e.g., wall/net, invasion, field/striking, target, dance, aquatics, outdoor activities, fitness, resistance training~~etc.~~).

**Standard 2: Movement Knowledge**

**Goal 2.1: ~~Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.~~ The physically literate individual demonstrates understanding of concepts, principles, strategies and tactics related to movement and to the performance of physical activities.**

**Objective(s): By the end of grade 8, students will:**

- 6-8.PE.2.1.1 Identify and apply the critical elements, strategies, and tactics of higher level movements in wall/net, invasion, field/striking, target, dance, outdoor activities, outdoor ethics, fitness, ~~etc.~~; (e.g., transition from offense to defense, ~~leave no trace~~, shortest distance, angles of interception, ~~fluid sequential movement, etc.~~).
- 6-8.PE.2.1.2 Identify principles of practice and biomechanics that enhance movement performance (e.g., describe basic principles of training and how they improve fitness, describe ~~why extending the elbow~~



- 6-8.PE.2.1.3 ~~in striking skills is important, the purpose behind the mechanics and range of motion required in various physical activities etc.~~. Apply external feedback to guide and improve performance (e.g., use videos to refine skills, utilize verbal feedback to improve performance, ~~etc.~~).

### **Standard 3: Valuing a Physically Active Lifestyle**

#### **Goal 3.1: Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.**

##### **Objective(s): By the end of grade 8, students will:**

- 6-8.PE.3.1.1 ~~Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute, etc.).~~
- 6-8.PE.3.1.2 ~~Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).~~
- 6-8.PE.3.1.3 ~~Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, workplace, and community (e.g., bowling, golf, recreational teams, lessons, camping, etc.).~~
- 6-8.PE.3.1.4 ~~Describe the challenges found both in experiencing high levels of competition and in learning new and/or different activities (e.g., journaling, videos, blogs, etc.).~~

### **Standard 4: Health Enhancing Personal Fitness**

#### **Goal 4.1: ~~Achieve and maintain a health-enhancing level of physical fitness. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.~~**

##### **Objective(s): By the end of grade 8, students will:**

- 6-8.PE.4.1.1 Know and demonstrate the 5 health-related fitness components ~~including (cardiorespiratory endurance, muscular strength, and muscular~~ endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related contemporary fitness standards ~~as defined by approved tests~~ (e.g., Fitnessgram or President's Council evidence-based fitness tests, healthy fitness zone/level, ~~identify various~~ activities that demonstrate each health-related component, ~~etc.~~).
- 6-8.PE.4.1.2 Know and demonstrate the basic knowledge of skill-related fitness including agility, coordination, balance, power, reaction time, and

- speed (e.g., ~~President's Council, assessment series from NASPE,~~ resistance training techniques, combatives, sprint starts, vertical/standing jump, pilates, ~~etc.~~).
- 6-8.PE.43.1.3 Participate in a variety of developmentally appropriate health-related and skill-related fitness activities in diverse settings including school, home, ~~workplace,~~ and community (e.g., hiking, swimming, orienteering, rock climbing, fun runs, social dance, ~~etc.~~).
- 6-8.PE.43.1.4 Assess physiological indicators of exercise during and after physical activity (e.g., target heart rate zone, perceived exertion, ~~etc.~~).
- 6-8.PE.43.1.5 Apply basic principles and types of training to improve fitness goals (e.g., frequency, intensity, FITT principle, progression, specificity, rest and recovery, overload, regularity, interval training, ~~fartlek~~Fartlek, circuit training, resistance training, ~~etc.~~).

#### Standard 54: Personal and Social Responsibility

Goal 54.1:- ~~Exhibit responsible and social behavior that respects self and others in physical activity settings.~~ The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.

#### Objective(s): By the end of grade 8, students will:

- 6-8.PE.54.1.1 Apply safe practices, ethical behavior, and positive forms of social interaction when participating in physical activities (e.g., participate within the rules of an activity, display good sportsmanship, practice self-control, ~~etc.~~).
- 6-8.PE.54.1.2 Solve problems by analyzing potential consequences when confronted with a behavioral choice (e.g., resolve argument between peers, be sensitive of the rights and feelings of others, role play, ~~case studies, etc.~~).
- 6-8.PE.54.1.3 Work independently and in groups to achieve goals in competitive and cooperative settings (e.g., identify ways to relieve stress, develop team goals, practice for competition, sport education, adventure activities, and/or challenge activities, ~~etc.~~).
- 6-8.PE.54.1.4 Appreciate others people of diverse characteristics and backgrounds during physical activity (e.g., invite others with differences to participate in an activity, work cooperatively with peers of diverse skill levels, cultural activities/projects, and/or peer mentoring, ~~etc.~~).
- 6-8.PE.54.1.5 Recognize the role of ~~sport and~~ physical activity in influencing personal and social behavior (e.g., identify positive and negative behaviors of sport figures, develop leadership skills, take responsibility ~~of for~~ actions, recognize the importance of individual roles in group activities, ~~etc.~~).

## **Standard 5: Valuing a Physically Active Lifestyle**

**Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression, and/or social interaction.**

**Objective(s): By the end of grade 8, students will:**

- 6-8.PE.5.1.1      Participate in developmentally appropriate moderate to vigorous physical activity a minimum of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute).
- 6-8.PE.5.1.2      In combination with the activity acquired in Physical Education class, students should accumulate a total of at least 60 minutes of moderate to vigorous physical activity throughout the day as recommended within the public health guidelines (e.g., activity logs, step count of at least 12000 steps per day, activity breaks).
- 6-8.PE.5.1.3      Explore a variety of challenging physical activities for personal interest, self-expression and social interaction in a variety of settings including school, home, workplace, and community (e.g., bowling, golf, recreational teams, sports camps/lessons, fitness club membership, camping).
- 6-8.PE.5.1.4      Enjoy the challenge of working hard and feel satisfaction when successful in improving skills and developing personal goals (e.g., surveys, tracking, data).

**IDAHO CONTENT STANDARDS**  
**GRADE 9-12**  
**PHYSICAL EDUCATION**

**Grade 9-12**

**Physical literacy: Possessing both the knowledge and ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.**

**Standard 1: Skilled Movement**

**Goal 1.1: ~~Demonstrate~~ The physically literate individual demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

**Objective(s): By the end of grade 12, students will:**

- 9-12.PE.1.1.1 Demonstrate competency in basic and advanced skills and tactics in ~~at least five multiple~~ leisure and lifetime physical activities (e.g., individual/dual/team-related sports, outdoor pursuits, ~~rhythm,~~ dance, resistance training, fitness, ~~and~~ aquatics).

**Standard 2: Movement Knowledge**

**Goal 2.1: ~~Demonstrate understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.~~ The physically literate individual demonstrates understanding of concepts, principles, strategies, and tactics related to movement and to the performance of physical activities.**

**Objective(s): By the end of grade 12, students will:**

- 9-12.PE.2.1.1 Demonstrate the knowledge and understanding necessary to develop scientifically based personal activity plans that include self-selected physical activities ~~and sports~~ (e.g., physical activity goal setting, fitness profiles and assessments, ~~my pyramid gov nutrition~~).
- 9-12.PE.2.1.2 ~~Utilize complex movement concepts and principles to independently refine skills and apply them to the learning of new skills~~ Apply internal and external feedback to independently assess and refine skills. Transfer previously learned skills and apply them to the learning of new skills (e.g., ~~utilizing anaerobic and aerobic performance appropriately, applying the concept of spin to a variety of activities to improve performance, biomechanical efficiency to conserve energy,~~ video, self-assessments, peer-assessments).

- 9-12.PE.2.1.3 Evaluate and apply appropriate tactics and strategies in a variety of ~~sports and~~ physical activities (e.g., using trekking poles to improve efficiency, ~~recognize elite level~~ comparing and contrasting various levels of performance, explaining tactical strategies in a game ~~of softball or sport~~).

### ~~Standard 3: Valuing a Physically Active Lifestyle~~

#### ~~Goal 3.1: Participate daily in physical activity for health, enjoyment and/or satisfaction, challenge, self-expression and/or social interaction.~~

##### ~~Objective(s): By the end of grade 12, students will:~~

- ~~9-12.PE.3.1.1 — Participate in moderate to vigorous physical activity for at least of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute — block or traditional schedule, etc.).~~
- ~~9-12.PE.3.1.2 — Participate daily in moderate to vigorous physical activity during and outside of class as recommended by NASPE, CDC, and USDHHS of at least 60 minutes or more per day (e.g., activity logs, step count of at least 12000 steps per day, activity breaks, etc.).~~
- ~~9-12.PE.3.1.3 — Provide rationale about their physical activity participation for health and manage participation based on personal interests, capabilities, and resources (e.g., develop individual physical activity plan, journaling, etc.).~~
- ~~9-12.PE.3.1.4 — Analyze factors that influence personal physical activity patterns over one's lifespan (e.g., reflections on volunteer efforts with populations of various ages and abilities, personal profile, family physical activity tree, create personal activity pyramid, etc.).~~
- ~~9-12.PE.3.1.5 — Enjoy the challenge of working hard to better their skills and feel satisfaction when they are successful in improving and pursuing personal goals (e.g., journaling reflections, etc.).~~

### **Standard 43: Health Enhancing Personal Fitness**

#### **Goal 43.1: Achieve and maintain a health-enhancing level of physical fitness. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical fitness.**

##### **Objective(s): By the end of grade 12, students will:**

- 9-12.PE.43.1.1 ~~Demonstrate health-related fitness components~~ Assume greater self-responsibility for improving, meeting and/or sustaining gender and age-related contemporary fitness standards for the 5 health-related fitness components (cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition) by improving, meeting and/or sustaining gender and age-related

- contemporary fitness standards as defined by approved tests (e.g., Fitnessgram or President’s Council healthy fitness zone/level, identify various activities (e.g., evidence-based fitness tests, log sheets, fitness profiles, task cards, portfolios, and identify/participate in various activities that demonstrate each health-related component, ~~etc.~~).
- 9-12.PE.43.1.2 ~~Assume greater self-responsibility to improve, meet, and/or sustain gender and age-related contemporary fitness standards necessary for a healthy productive life as defined by approved tests such as Fitnessgram or President’s Council healthy fitness zone/level~~ Apply knowledge of skill-related fitness components including agility, coordination, balance, power, reaction time, and speed to improve performance (e.g., ~~log sheets, fitness profiles, task cards, portfolios,~~ resistance training technique, combatives, sprint starts, vertical/standing jump, pilates etc.).
- 9-12.PE.43.1.3 ~~Interpret and analyze information from fitness tests to plan and design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness and physiological indicators of exercise to develop a rationale for a personal fitness plan~~ (e.g., ~~select various activities from skill and health-related components, set goals, fitness plan, assessment and evaluation, website programs for lifelong fitness planning, identifying strengths and weaknesses, setting goals, modifying activities etc.~~).
- 9-12.PE.3.1.4 Design individual programs for achieving and maintaining current/lifelong fitness goals that encompass all components of fitness, types of training, and training principles (e.g., FITT principle, overload, progression, specificity, rest and recovery, utilize technology-based tools for lifelong fitness planning).

## Standard **54**: Personal and Social Responsibility

**Goal 54.1:** ~~Exhibit responsible and social behavior that respects self and others in physical activity settings.~~ The physically literate individual exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Objective(s): By the end of grade 12, students will:**

- 9-12.PE.54.1.1 ~~Demonstrate the ability to initiate responsible personal and social behavior, function independently, and positively influence the behavior of others in physical activity settings~~ (e.g., ~~develop code of ethics, sportsmanship recognition, volunteer Special Olympics, assist in an elementary physical education class,~~ respectful sportsmanship, self-control, role-modeling etc.).

- 9-12.PE.~~54~~.1.2 Demonstrate leadership by holding ~~themselves~~ oneself and others responsible for following safe practices, rules, procedures, and etiquette in physical activity settings (e.g., ~~assumes an active leader and/or supportive role as appropriate during a ropes course activity,~~ acknowledge a rule infraction, ~~plan and lead a backpacking trip, coordinate a fun run, respecting others space in a weight room,~~ adhere to spotting protocols in a weight room, assign team/player roles~~ete~~).
- 9-12.PE.~~54~~.1.3 Respond appropriately to ~~potentially explosive~~ unacceptable interactions with others in order to mediate and resolve conflict (e.g., communicates in a calm and controlled manner to inflammatory remarks, ~~role play, debate behaviors that occur in current events,~~ listen to both sides of an argument and agree on a conclusion, report serious offenses, identify alternative to negative behaviors,~~ete~~).
- 9-12.PE.~~54~~.1.4 ~~Synthesize and evaluate knowledge regarding the role of physical activity in a culturally diverse society~~ Accept other people with different interests, cultural backgrounds, physical characteristics and abilities while engaging in physical activities (e.g., ~~identify barriers and opportunities for physical activity in the community, document the influence of cultural events on one's own physical activity behavior, interpret the meaning of physical activity through forms of expression such as art, poetry, writing, film, movement;~~ modify physical activities, show compassion for others~~ete~~).
- 9-12.PE.~~54~~.1.5 Evaluate personal choices for engaging in physical activity over the life span including the influence of age, ability, gender, race, ethnicity, socioeconomic status, and culture (e.g., ~~the impact of family physical activity on self; successes, challenges and enjoyment in lifelong physical activities; the effect of dance, fitness or recreational activities on senior citizens; critique economic commitments,~~ recognize barriers and opportunities to participate in physical activity across a lifespan~~ete~~).

## Standard 5: Valuing a Physically Active Lifestyle

### Goal 5.1: The physically literate individual participates daily in physical activity and recognizes its value for health, enjoyment, challenge, self-expression and/or social interaction.

#### Objective(s): By the end of grade 12, students will:

- 9-12.PE.5.1.1 Participate in moderate to vigorous physical activity for at least of 50% of the lesson time (e.g., time assessment, pedometer = 3200 steps in a 40 minute lesson or 80 steps per minute - block or traditional schedule).

- 9-12.PE.5.1.2 In combination with the activity acquired in Physical Education class, students should accumulate a total of at least 60 minutes of moderate to vigorous physical activity throughout the day as recommended within public health guidelines (e.g., activity logs, step count of at least 12000 steps per day, activity breaks).
- 9-12.PE.5.1.3 Actively and independently pursue physical activity opportunities outside of the school based on personal interests, capabilities, and resources (e.g., outdoor recreational pursuits, fitness club membership, walking/running club, active transportation, state rationale for physical activity choices).
- 9-12.PE.5.1.4 Analyze factors that influence personal physical activity patterns over one's lifespan (e.g., reflections on volunteer efforts with populations of various ages and abilities, personal profile, family physical activity tree, create personal activity pyramid).
- 9-12.PE.5.1.5 Enjoy the challenge of working hard and feel satisfaction when they are successful in improving skills and developing personal goals (e.g., journaling reflections).