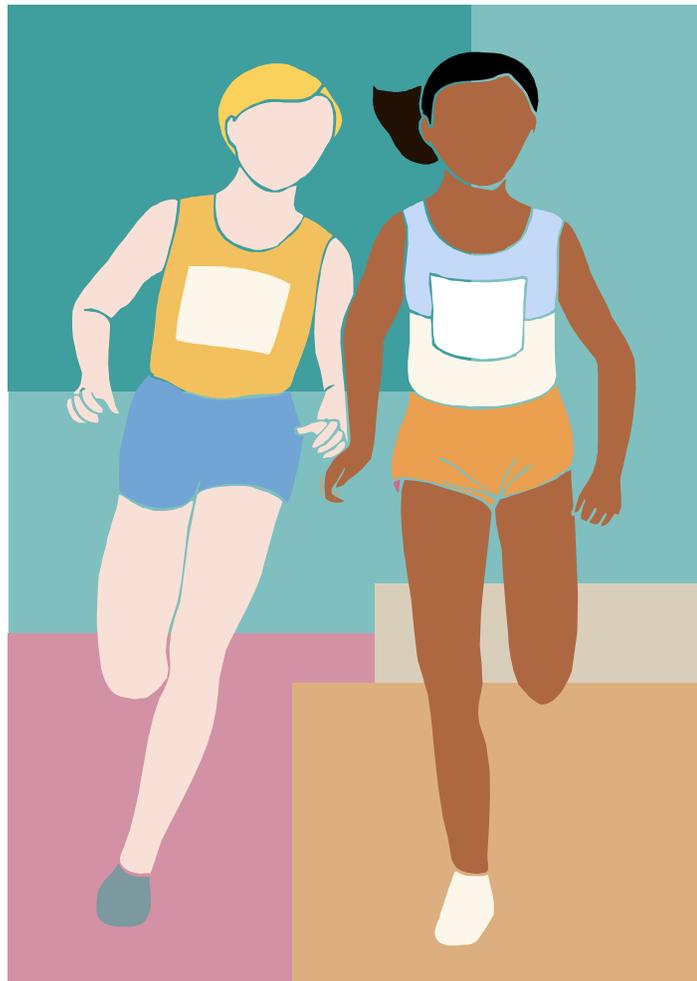


**CHIPPEWA LOCAL SCHOOLS**



**PHYSICAL EDUCATION EXIT SKILLS**

## **CONTENT STANDARDS GRADES K – 4**

### **The Student:**

DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS.

APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS.

EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.

ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS.

DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.

DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.

UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADE K**

### ***DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will travel in forward and sideways directions using a variety of locomotor movements (walking, jogging, running, etc.)
- The student will demonstrate clear contrasts between slow and fast movement while traveling.
- The student will walk and run using a mature form.
- The student will toss and catch a ball before it bounces twice.
- The student will maintain momentary stillness bearing weight on different body parts (one foot, one foot and both hands, etc.)

### ***APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS***

- The student will walk, run, hop and skip in forward and sideways directions and change direction quickly in response to a signal.
- The student will identify and use a variety of relationships with objects (e.g., over/under, behind, alongside, through).
- The student will identify and begin to utilize the technique employed (leg flexion) to soften the landing in jumping.

### ***EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE***

- The student will participate regularly in vigorous physical activity.
- The student will recognize that physical activity is good for personal well-being.
- The student will identify feelings that result from participation in physical activities.

### ***ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will sustain moderate to vigorous physical activity.
- The student will be aware of his/her heart beating faster during physical activity.
- The student will identify physical activities that elicit a faster heartbeat.

### ***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will know the rules for participating in the gymnasium and on the playground.
- The student will work in group settings without interfering with others.
- The student will respond to teacher signals for attention.
- The student will handle equipment safely by putting it away when not in use.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS***

- The student will enjoy participation in physical activity alone and with others.
- The student will choose playmates without regard to personal differences (e.g., race, gender, disability, etc.).

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION***

- The student will enjoy participation alone and with others.
- The student will identify feelings that result from participation in physical activities.
- The student will look forward to physical education classes.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADE 1**

### ***DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will walk and run using a mature form.
- The student will roll sideways without hesitating or stopping.
- The student will maintain momentary stillness bearing weight on a variety of body parts.
- The student will demonstrate the skills of chasing, fleeing, and dodging to avoid others.
- The student will receive and send an object in a continuous motion.

### ***APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS***

- The student will walk, run, hop and skip in forward and sideways directions and change direction quickly in response to a signal.
- The student will identify and use a variety of relationships with objects (e.g., over/under, behind, alongside, through).
- The student will identify and demonstrate the major characteristics of mature walking, running, hopping and skipping.
- The student will identify four characteristics of a mature throw.

### ***EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE***

- The student will recognize that physical activity is good for personal well-being.
- The student will identify feelings that result from participation in physical activities.
- The student will seek participation in gross motor activity of a moderate and vigorous nature.
- The student will participate in a wide variety of activities that involve locomotion, nonlocomotion and manipulation of objects outside of the physical education classroom.

### ***ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will sustain moderate to vigorous physical activity.
- The student will identify changes that occur in the body during vigorous physical activity.
- The student will support body weight for climbing, hanging and momentarily taking weight on hands.
- The student will move each joint through a full range of motion.

***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will respond to rule infractions when reminded once.
- The student will follow directions given to the class for an all-class activity.
- The student will handle equipment safely by putting it away when not in use.
- The student will take turn using a piece of equipment.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS***

- The student will enjoy participation alone and with others.
- The student will choose playmates without regard to personal differences (e.g., race, gender, disability, etc.).
- The student will appreciate the benefits that accompany cooperation and sharing.
- The student will demonstrate the elements of socially acceptable conflict resolution.

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION***

- The student will enjoy participation alone and with others.
- The student will learn to accept the feelings that result from challenges, successes and failures in physical activity.
- The student will appreciate the benefits that accompany cooperation and sharing.
- The student will willingly try new activities.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADE 2**

### ***DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will demonstrate the skills of chasing, fleeing and dodging to avoid others.
- The student will balance, demonstrating momentary stillness, in symmetrical and nonsymmetrical shapes on a variety of body parts.
- The student will receive and send objects in a continuous motion.

### ***APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS***

- The student will identify four characteristics of a mature throw.
- The student will use the concepts of space awareness and movement control to run, hop and skip in different ways in a large group without bumping into others and/or falling.
- The student will identify and demonstrate the major characteristics of mature walking, running, hopping and skipping.

### ***EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE***

- The student will seek participation in gross motor activity of a moderate to vigorous nature.
- The student will participate in a wide variety of activities that involve locomotion, nonlocomotion, and manipulation of objects outside the physical education class.

### ***ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will sustain activity for longer periods of time while participating in chasing or fleeing, traveling activities in physical education class and/or on the playground.
- The student will identify changes that occur in the body during vigorous physical activity.
- The student will support body weight for climbing, hanging and momentarily taking weight on hands.

### ***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will use equipment and space safely and properly.
- The student will practice specific skills as assigned until the teacher signals the end of practice.
- The student will stop activity immediately when the teacher signals to do so.
- The student will assist partner by sharing observations about skill performance during practice.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS***

- The student will learn to appreciate the benefits that accompany cooperation and sharing.
- The student will display consideration of others in physical activity settings.
- The student will demonstrate the elements of socially acceptable conflict resolution.

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION***

- The student will learn to appreciate the benefits that accompany cooperation and sharing.
- The student will accept the feelings that result from challenges, successes, and failures in physical activity.
- The student will willingly try new activities.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADE 3**

### ***DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will strike a ball repeatedly with a paddle.
- The student will combine locomotor patterns in time to music.
- The student will throw, catch and kick using a mature form.
- The student will jump and land for height and distance using a mature form.
- The student will balance with control on a variety of objects (balance beam, parallel bars, etc.).

### ***APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS***

- The student will identify four characteristics of a mature throw.
- The student will transfer weight from feet to hands at fast and slow speeds using large extensions (e.g., cartwheel, etc.).
- The student will understand that appropriate practice improves performance.

### ***EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE***

- The student will participate in a wide variety of activities that involve locomotion, nonlocomotion and manipulation of objects outside the physical education class.
- The student will regularly participate in physical activity for the purpose of developing a healthy lifestyle.
- The student will identify at least one activity that they participate in on a regular basis (formal or informal).
- The student will become aware of the opportunities for more formal participation in physical activities in the community.

### ***ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will be able to sustain activity for longer periods of time while participating in chasing or fleeing and traveling activities in physical education or on the playground.
- The student will move each joint through a full range of motion.
- The student will support, lift, and control body weight in a variety of activities.
- The student will regularly participate in physical activity for the purpose of improving physical fitness.

***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will use equipment and space safely and properly.
- The student will respond positively to an occasional reminder regarding a rule infraction.
- The student will invite a peer to take his/her turn at a piece of apparatus before repeating a turn.
- The student will assess their own performance problems without blaming others.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS***

- The student will learn to appreciate the benefits that accompany cooperation and sharing.
- The student will display consideration of others in physical activity settings.
- The student will recognize differences and similarities in others during physical activity.
- The student will demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior.

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION***

- The student will learn to appreciate the benefits that accompany cooperation and sharing.
- The student will willingly try new activities.
- The student will experience positive feelings as a result of involvement in physical activity.
- The student will celebrate personal successes and achievements as well as those of others.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADE 4**

### ***DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will throw, catch and kick using a mature form.
- The student will dribble and pass a basketball to a moving receiver.
- The student will jump and land for height and distance using a mature form.
- The student will balance with control on a variety of objects (balance beam, large apparatus, etc.).

### ***APPLIES MOVEMENT CONCEPTS AND PRINCIPLES TO THE LEARNING AND DEVELOPMENT OF MOTOR SKILLS***

- The student will transfer weight from feet to hands at fast and slow speeds using large extensions (e.g., mule kick, cartwheel, etc.).
- The student will accurately recognize the critical elements of a throw made by a fellow student and provide feedback to that student.
- The student will consistently strike a softly thrown ball with a bat or paddle, demonstrating an appropriate grip.
- The student will understand that appropriate practice improves performance.

### ***EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE***

- The student will participate regularly in physical activity for the purpose of developing a healthy lifestyle.
- The student will describe healthful benefits that result from regular and appropriate participation in physical activity.
- The student will identify at least one activity that they participate in on a regular basis (formal or informal).

### ***ACHIEVES AND MAINTAINS A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will engage in appropriate activity that results in the development of muscular strength.
- The student will maintain continuous aerobic activity for a specified time and/or activity.
- The student will support, lift and control body weight in a variety of activities.
- The student will regularly participate in physical activity for the purpose of improving physical fitness.

***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will take seriously their role to teach an activity or skill to other students.
- The student will work productively with a partner to improve the overhand throw pattern for distance by using the critical elements of the process as a guide.
- The student will assess his/her own performance problems without blaming others.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS***

- The student will recognize differences and similarities in others' physical activity.
- The student will indicate respect for persons from different backgrounds and the cultural significance they attribute to various games, dances and physical activities.
- The student will demonstrate acceptance of the skills and abilities of others through verbal and nonverbal behavior.

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION***

- The student will experience positive feelings as a result of involvement in physical activity.
- The student will design games, gymnastics and dance sequences that are personally interesting.
- The student will celebrate personal successes and achievements as well as those of others.

# CONTENT STANDARDS FOR PHYSICAL EDUCATION GRADES 5-8

## The Physically Educated Person:

*DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW.*

*APPLIES MOVEMENT CONCEPTS AND PRINCIPLES OF LEARNING AND DEVELOPMENT.*

*EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.*

*ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS.*

*DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.*

*DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.*

*UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.*

## **PHYSICAL EDUCATION EXIT SKILLS GRADE 5**

### *DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW.*

- The student will use information from various sources to improve performance.
- The student will demonstrate increased performance in specialized skills.
- The student will demonstrate increasing competence in more advanced specialized skills.

### *APPLIES MOVEMENT CONCEPTS AND PRINCIPLES OF LEARNING AND DEVELOPMENT.*

- The student will identify general characteristics of movement that can be applied to a specific task.
- The student will be able to position him/herself in accordance with offensive and defensive play.
- The student will explain and demonstrate the characteristics of team work.
- The student will correct errors in personal movement patterns.

### *EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.*

- The student participates daily in some form of health-enhancing physical activity.
- The student will recognize opportunities in the school and community for regular participation in physical activity.
- The student will identify personal interests and capabilities in regard to his or her own exercise behavior.

### *ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS.*

- The student will work somewhat independently with minimal supervision in pursuit of personal forms of fitness.
- The student will participate in activities that are selected to improve fitness.
- The student will identify and demonstrate the benefits of properly warming up and cooling down.

***DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.***

- The student will make conscious decisions about applying rules, procedures and etiquette.
- The student will remain on task in a group activity with close teacher supervision.
- The student will use time wisely when given the opportunity to practice and improve performance.
- The student will work cooperatively and productively in a group setting.

***DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.***

- The student will cooperate with those who may be different to include those with physical limitations.
- The student will show respect to his or her peers.
- The student will recognize the importance of one's personal heritage.

***UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.***

- The student will recognize that physical activity can lead to recognition from peers.
- The student will demonstrate enjoyment from participation in physical activities.
- The student will recognize physical activity as an opportunity for social interaction.

## **PHYSICAL EDUCATION EXIT SKILLS GRADE 6**

### *DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW.*

- The student will demonstrate a mature form for all basic manipulatives, locomotor and nonlocomotor skills.
- The student will demonstrate beginning strategies for net and invasion games.
- The student will throw a variety of objects demonstrating both accuracy and force (e.g., basketball, football, Frisbee)
- The student will adapt and combine skills to the demands of increasingly complex situations of selected movement forms.

### *APPLIES MOVEMENT CONCEPTS AND PRINCIPLES OF LEARNING AND DEVELOPMENT.*

- The student will identify and apply principles of practice and conditioning that enhance performance.
- The student will use basic offensive and defensive strategies in non-complex settings.
- The student will identify proper warm-up and cool-down techniques and the reasons for using them.

### *EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.*

- The student will participate daily in some form of health-enhancing physical activity.
- The student will participate in games, sports, dance and outdoor pursuits both in and out of school based on individual interests.
- The student will identify opportunities in the school and community for regular participation in physical activity.

### *ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS.*

- The student will participate in moderate to vigorous physical activity in a variety of settings.
- The student will work somewhat independently with minimal supervision in pursuit of personal fitness goals.
- The student will keep a record of heart rate before, during and after vigorous physical activity.
- The student will correctly demonstrate activities designed to improve muscular strength and endurance, flexibility and cardio-respiratory functioning.

*DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.*

- The student will participate in activities abiding by established rules, procedures and etiquette that provides safe environment.
- The student will choose a partner that he/she can work with productively.
- The student will utilize time effectively to complete assigned tasks.
- The student will remain on task in a group activity without close teacher monitoring.

*DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.*

- The student will work cooperatively with both more and less skilled peers.
- The student will demonstrate respect for persons in all settings and activities.
- The student will cooperate with disabled peers and those different in gender, race and ethnicity.

*UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.*

- The student will recognize that success in physical activities leads to recognition from peers.
- The student will use physical activity to express feelings.
- The student will identify the benefits resulting from participation in different forms of physical activities.

## **PHYSICAL EDUCATION EXIT SKILLS GRADE 7**

### *DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW.*

- The student will throw a variety of objects demonstrating all basic manipulative, locomotor and nonlocomotor skills.
- The student will compare and contrast variations within skills.
- The student will design and perform movement sequences with the intentional changes in direction, speed and flow.

### *APPLIES MOVEMENT CONCEPTS AND PRINCIPLES OF LEARNING AND DEVELOPMENT.*

- The student will correct errors in personal movement patterns.
- The student will identify warm-up and coo-down techniques and the reason for using them.
- The student will identify differences and similarities that occur when applying principles of throwing different objects.

### *EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.*

- The student will set fitness goals based on current level of fitness.
- The student will identify the critical aspects of a healthy lifestyle.
- The student will analyze personal interests and capabilities in regard to one's exercise behavior.

### *ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS.*

- The student will set fitness goals based on current level of fitness.
- The student will begin to develop a strategy for the improvement of selected fitness components.
- The student will monitor intensity of exercise to attain individual goals.

### *DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.*

- The student will work cooperatively and productively in a group to accomplish a set of goals in both cooperative and competitive activities.
- The student will make conscious decisions about applying rules, procedures and etiquette.
- The student will identify safety considerations in self-designed activities.

*DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.*

- The student will recognize the role of games, sports and dance in getting to know and understand others of like or different backgrounds.
- The student will recognize the importance of one's personal heritage.
- The student will seek out, participate with and show respect for persons of like or different skill levels.

*UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.*

- The student will recognize physical activity as a positive opportunity for social and group interaction.
- The student will seek personally challenging experiences in physically active opportunities.
- The student will seek physical activity in informal settings that utilize skills and knowledge studied in physical education classes.

## **PHYSICAL EDUCATION EXIT SKILLS GRADE 8**

### *DEMONSTRATES COMPETENCY IN MANY MOVEMENT FORMS AND PROFICIENCY IN A FEW.*

- The student will identify and use basic offensive and defensive strategies in modified team and individual sports.
- The student will perform line dances (original and standard).
- The student will display the basic skills and safety procedures to participate in fitness activity.

### *APPLIES MOVEMENT CONCEPTS AND PRINCIPLES OF LEARNING AND DEVELOPMENT.*

- The student will explain and demonstrate some game strategies involved in playing team and individual sports.
- The student will describe the critical elements of specific skills.
- The student will describe the characteristics that enable success in ball skills.
- The student will describe principles of training and conditioning for specific physical activities.

### *EXHIBITS A PHYSICALLY ACTIVE LIFESTYLE.*

- The student will participate in an individualized physical activity program designed with the help of the teacher.
- The student will list long-term physiological, psychological and cultural benefits that may result from regular participation in physical activity.
- The student will describe the relationship between a healthy lifestyle and “feeling good.”
- The student will explore a variety of new physical activities for personal interest in and out of the Physical Education class.

### *ACHIEVES AND MAINTAINS A HEALTH ENHANCING LEVEL OF PHYSICAL FITNESS.*

- The student will maintain a record of moderate to vigorous physical activity.
- The student will plan a circuit fitness program to meet physical fitness goals.
- The student will engage in physical activity at an identified heart rate for a minimum of twenty (20) minutes.

*DEMONSTRATES RESPONSIBLE PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS.*

- The student will play within the rules of a game or activity.
- The student will resolve interpersonal conflicts with a sensitivity of the rights and feelings of others.
- The student will find positive ways to exert independence.
- The student will make choices based on the safety of self and others.

*DEMONSTRATES UNDERSTANDING AND RESPECT FOR DIFFERENCES AMONG PEOPLE IN PHYSICAL ACTIVITY SETTINGS.*

- The student will recognize the role of sports, games and dance in modern culture.
- The student will identify behaviors that are supportive and inclusive in physical activity settings.
- The student will respect the physical and performance limitations of self and others.

*UNDERSTANDS THAT PHYSICAL ACTIVITY PROVIDES OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.*

- The student will enjoy participation in physical activity.
- The student will become more skilled in a favorite activity.
- The student will try new and challenging activities.

**PHYSICAL EDUCATION EXIT SKILLS  
HIGH SCHOOL  
GRADES 9 -10**

All students are encouraged to develop their own ideas for their physical fitness and lifetime physical activity during the high school period and for the future. Students are encouraged to absorb, analyze and apply these exit skills. Students will understand today's physical well-being by use of different forms of fitness, physical activity and weight maintenance. Students will demonstrate competency in many movement forms and the principles of developing motor skills. Students will understand that physical activity provides opportunities for enjoyment, challenge, self-expression and social interaction.

# **PHYSICAL EDUCATION EXIT SKILLS**

## **GRADES 9-10**

### ***PHYSICAL FITNESS***

- The student will participate in daily fitness activities such as running, push-ups and sit-ups.
- The student will participate in the presidential fitness test at the beginning and the end of the semester and pass the requirements. The student will assess personal fitness status in cardiovascular endurance, muscular strength, flexibility and body composition.
- The student will analyze and compare health and fitness benefits from various physical activities.
- The student will participate in a variety of physical activities for enhancing physical fitness.

### ***AEROBIC FITNESS***

- The student will participate in activities that enhance one's aerobic fitness such as jump rope, walking, jogging and games that require aerobic exercise.
- The student will understand and identify one's maximum heart rate and target heart rate zone.
- The student will recognize the value of aerobic exercise and continued need throughout one's lifetime.

### ***ACTIVITY GAMES: FLOOR HOCKEY, WHIFFLE BALL, KICK BALL, FRISBEE FOOTBALL***

- The student will participate in these types of activities with relative skill.
- The student will participate in these activities through teams.
- The student will participate in these activities and demonstrate knowledge of rules, scoring, equipment, safety considerations and competitiveness involved in the activity.

### ***COMPETENCY IN MOVEMENT FORMS AND PROFICIENCY IN A FEW MOVEMENT FORMS***

- The student will demonstrate various swimming strokes and the ability to swim.
- The student will use a variety of clubs to competently play a round of golf.
- The student will keep a ball going with an opponent several times over the net in a game of tennis.
- The student will play a game of volleyball using all of the basic skills and strategies of the sport.

## ***WEIGHT TRAINING***

- The student will participate in activities such as weight training in the weight room.
- The student will analyze one's own personal strength and improve muscular (upper body), abdominal and lower body strength.
- The student will seek a personal weight training program to improve overall body composition.

## ***ACHIEVE AND MAINTAIN A HEALTH-ENHANCING LEVEL OF PHYSICAL FITNESS***

- The student will design and implement a personal fitness program.
- The student will evaluate a personal fitness profile.
- The student will meet personal fitness goals after a period of training.
- The student will assess one's own personal weight and try to achieve a target weight by implementing a physical fitness plan.

## ***PERSONAL AND SOCIAL BEHAVIOR IN PHYSICAL ACTIVITY SETTINGS***

- The student will try to walk away from verbal confrontation during activity
- The student will acknowledge good play from an opponent during and after competition.
- The student will volunteer to replay a controversial play in a given activity.
- The student will display good sportsmanship during and after competition.

## ***EXHIBIT A PHYSICALLY ACTIVE LIFESTYLE***

- The student will participate in health-enhancing activities that can be pursued in the community.
- The student will analyze and evaluate a personal fitness profile.
- The student will identify personal behavior that supports and does not support a healthy lifestyle.
- The student will analyze and compare health and fitness benefits derived from various physical activities.

## ***LIFETIME ACTIVITIES***

- The student will demonstrate and perform basic fundamentals in activities such as tennis, golf, Frisbee, bowling, swimming, jogging, hiking and weight training.
- The student will seek and select physical activities based on personal interest, meaning and fulfillment.
- The student will understand rules of these activities and be able to explain scoring, techniques, safety and etiquette of the activities.
- The student will recognize the progression of skill levels of play involved (beginner, intermediate, advanced) in these activities.
- The student will understand and learn from instructional videos such as golf and bowling.

***UNDERSTAND THAT PHYSICAL ACTIVITY PROVIDES THE OPPORTUNITY FOR ENJOYMENT, CHALLENGE, SELF-EXPRESSION AND SOCIAL INTERACTION.***

- The student will identify participation factors that contribute to enjoyment and self-expression.
- The student will contribute meaningfully to the achievement of a team and team play.
- The student will participate in activities that vary from beginner skill levels to activities that require challenging levels.
- The student will enjoy participating in a variety of physical activities in competitive and recreational settings.