

Physical Education – grades 9 -12
Hartley-Melvin-Sanborn CSD
Grade Level/Course Benchmarks

Standard 1

9-12.1 Perform advanced movement and motor skills that serve as a basis for life-long activity.

9-12.2 Demonstrate the ability to skillfully participate in at least one activity from each of three of the following categories: aquatics, team sports, dual sports, individual sports, outdoor pursuits, self-defense, dance, and gymnastics.

Standard 2

9-12.3 Learn to appreciate the value of maintaining physical fitness regardless of one's ability.

9-12.4 Demonstrates the understanding necessary to develop a personal activity plan that includes selected sports and activities.

Standard 3

9-12.5 Understands that physical education promotes good health and worthy use of leisure time.

9-12.6 Demonstrates the ability to monitor and adjust activity to meet personal activity needs.

9-12.7 Applies appropriate training principles to their own physical activity.

Standard 4

9-12.8 Learn to appreciate the value of maintaining physical fitness regardless of one's ability.

9-12.9 Can independently assess personal fitness status, and develop short-term and long-term fitness goals.

Standard 5

9-12.10 Know rules of safety and one's responsibility for his/her own safety and that of others.

9-12.11 Demonstrates a positive self-image and promotes cooperation and social relationships through participation in physical activities.

9-12.12 Discriminate between conduct that is safe and hazard-free from behavior that could lead to injury or personal harm.

9-12.13 Feel enjoyment and satisfaction in the social relationships of physical activities as a participant or spectator.