



Browse Quality Core Curriculum Standards by subject

Subject: Physical Education**Grade: 9-12**Course: Personal Fitness

- 1 **Topic:** Physical Fitness
Standard: Participates in fitness assessment and developmentally appropriate health-related fitness activities.
- 2 **Topic:** Physical Fitness
Standard: Uses fitness assessment results to establish individual goals for all five health-related fitness component areas.
- 3 **Topic:** Physical Fitness
Standard: Develops a personal fitness plan designed to attain stated fitness goals.
- 4 **Topic:** Physical Fitness
Standard: Implements a personal fitness plan and assesses outcomes following a period of training.
- 5 **Topic:** Physical Fitness
Standard: Pursues physical activities that promote health-related fitness, relieve tension, and control weight in both school and nonschool settings.
- 6 **Topic:** Physical Fitness
Standard: Analyzes how activity participation patterns change throughout life and expresses strategies to deal with these changes.

Course: Sports and Lifetime Activities

- 1 **Topic:** Individual and Dual Sports and Lifetime Activities
Standard: Exhibits a level of competency, advancing to a level of proficiency, in a particular skill. Uses skills consistently in the appropriate setting in such activities as aquatics, archery, badminton, bowling, golf, gymnastics, handball, racquetball, rollerblading, tennis, track and field, or wrestling.
- 2 **Topic:** Individual and Dual Sports and Lifetime Activities
Standard: Applies rules and strategies of sport or activity appropriately in such activities as aquatics, archery, badminton, bowling, golf, gymnastics, handball, racquetball, rollerblading, tennis, track and field, or wrestling.
- 3 **Topic:** Individual and Dual Sports and Lifetime Activities
Standard: Displays appropriate etiquette, interactions, care of equipment, and safety in activities such as aquatics, archery, badminton, bowling, golf, gymnastics, handball, racquetball, rollerblading, tennis, track and field, or wrestling.
- 4 **Topic:** Individual and Dual Sports and Lifetime Activities
Standard: Identifies and applies critical elements essential to competent and proficient performance in activities such as aquatics, archery, badminton, bowling, golf, gymnastics, handball, racquetball, rollerblading, tennis, track and field, or wrestling.
- 5 **Topic:** Individual and Dual Sports and Lifetime Activities
Standard: Describes principles of training and conditioning appropriate to specific sports activities in such activities as aquatics, archery, Badminton, Bowling, Golf, gymnastics, handball, racquetball, rollerblading tennis, track and field, or wrestling.

- 6** **Topic:** Team Sports
Standard: Exhibits a level of competency, advancing to a level of proficiency in a particular skill, and performs skills with consistency in the appropriate setting in such sports as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 7** **Topic:** Team Sports
Standard: Applies rules and strategies of the sport or activity appropriately in such activities as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 8** **Topic:** Team Sports
Standard: Displays appropriate etiquette, interaction, care of equipment, and safety during an activity during such activities as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 9** **Topic:** Team Sports
Standard: Identifies and applies critical elements essential to competent performance in such activities as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 10** **Topic:** Team Sports
Standard: Describes principles of training and conditioning appropriate to specific sports and activities such as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 11** **Topic:** Team Sports
Standard: Appreciates the influence of participation in physical activity as it relates to cultural, ethnic, gender, and physical diversity in such sports as basketball, baseball, field hockey, flag football, soccer, softball, team handball, or volleyball.
- 12** **Topic:** Outdoor Activities
Standard: Exhibits a level of competency, advancing to a level of proficiency in a particular skill. Performs basic skills with consistency in the appropriate settings of activities, such as archery, backpacking, camping, cycling, fishing, hiking, orienteering, rifle safety, ropes course, or group-initiated activities.
- 13** **Topic:** Outdoor Activities
Standard: Applies rules and strategies of the activity appropriately in archery, backpacking, camping, cycling, fishing, hiking, orienteering, rifle safety, ropes course, or group-initiated activities.
- 14** **Topic:** Outdoor Activities
Standard: Displays appropriate etiquette, interaction, care of equipment, and safety with regard to the outdoor environment in such activities as archery, backpacking, camping, cycling, fishing, hiking, orienteering, rifle safety, ropes course, and group initiated activities.
- 15** **Topic:** Dance
Standard: Exhibits a level of competency, advancing to a level of proficiency given a particular skill. Performs basic skills with consistency in the appropriate settings as Aerobic Dance, Folk Dance, Square Dance, and Line Dance.
- 16** **Topic:** Dance
Standard: Displays appropriate etiquette and ways of interacting in the dance settings of Aerobic Dance, Folk Dance, Square Dance, or Line Dance.
- 17** **Topic:** Dance
Standard: Identifies and applies critical elements essential to competent performance in such dances as Aerobic Dance, Folk Dance, Square Dance, or Line Dance.
- 18** **Topic:** Dance
Standard: Appreciates the influence of participation in dance as it relates to cultural, ethnic, gender, and physical diversity in such dances as Aerobic Dance, Folk Dance, Square Dance, or Line Dance.