

Adventure and Cooperative Activities - Level 2

Anchor Standard 1: Motor Skills and Movement Patterns: *The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.* PE19.AC2.1

A AC-1.1 Motor Skills and Movement Patterns: Physical fitness for outdoor adventures PE19.AC2.1.A

- 1 Demonstrate necessary components of physical fitness to achieve a desired level of individual success while participating in outdoor activities. PE19.AC2.1.1

B AC-1.2 Motor Skills and Movement Patterns: Training techniques PE19.AC2.1.B

- 2 Exhibit proper fitness component techniques in outdoor activities to achieve a desired level of health enhancement. PE19.AC2.1.2

Anchor Standard 2: Movement and performance: *The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.* PE19.AC2.2

A AC-2.1 Movement and Performance: Safety PE19.AC2.2.A

- 1 Demonstrate safe and appropriate use and care of equipment and facilities used in outdoor activities. PE19.AC2.2.1

B AC-2.2 Movement and Performance: Techniques needed for participation PE19.AC2.2.B

- 2 Model proper skills and components for the specified outdoor sport. PE19.AC2.2.2

Anchor Standard 3: Physical Activity and Fitness: *The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.* PE19.AC2.3

A AC-3.1 Physical Activity and Fitness: Level of exertion PE19.AC2.3.A

- 1 Apply skills learned to execute a higher level of physical fitness while participating in outdoor activities. PE19.AC2.3.1

B AC-3.2 Physical Activity and Fitness: Planning outdoor adventure activities and sports PE19.AC2.3.B

- 2 Participate in challenging activities requiring the utilization of newly-acquired skills. PE19.AC2.3.2

Anchor Standard 4: Personal and Social Behavior: *The physically literate individual exhibits responsible personal*

A AC-4.1 Personal and Social Behavior: Local, state, and federal laws PE19.AC2.4.A

- 1 Adhere to laws pertaining to outdoor sports, showing civic and personal responsibility. PE19.AC2.4.1

and social behavior that respects self and others._ PE19.AC2.4

B AC-4.2 Personal and Social Behavior: _Responsibility for the environment_ PE19.AC2.4.B

- 2 Identify and describe examples of environmental civic duties and actions which will fulfill these responsibilities. PE19.AC2.4.2

**Anchor Standard 5:
Values Physical Activity:
The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. PE19.AC2.5**

A AC-5.1 Values Physical Activity: _Health and quality of life_ PE19.AC2.5.A

- 1 Plan an outdoor adventure that provides enjoyment and benefits an individual's health. PE19.AC2.5.1

B AC-5.2 Values Physical Activity: _Personal and psychological responses to outdoor adventure activities_ PE19.AC2.5.B

- 2 Develop two types of adventure-based, group-oriented activities designed to enhance current health and wellness to support a healthier family, classroom, and community. PE19.AC2.5.2