

Personal Fitness: Grades 9, 10, 11, 12

Adopted 2011

Movement Concepts

1: Students shall understand movement concepts, principles, and strategies that apply to the performance of physical activity.

1. Identify and apply proper techniques associated with participation in a variety of activities **MC.1.RSA.1**
 2. Participate in a variety of activities that promote fitness **MC.1.RSA.2**
 3. Apply knowledge and skills in a variety of recreational activities **MC.1.RSA.3**
 4. Participate in a variety of traditional and adventure activities using strategies, tactics, and fundamental movement patterns to perform complex skills **MC.1.RSA.4**
 5. Demonstrate physical ability in a self-assessment of skills:
 - agility
 - balance
 - coordination
 - power
 - reaction time
 - speed**MC.1.RSA.5**
 6. Engage in a variety of activities that promote improvement in each skill-related component of fitness **MC.1.RSA.6**
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Concepts of Recreational Sports and Activities

2: Students shall comprehend the rules and strategies associated with a variety of recreational sports and activities.

1. Understand rules, skill techniques, and basic strategies associated with a variety of recreational sports and activities **CRSA.2.RSA.1**
 2. Summarize the history, rules, terminology, scoring, and etiquette in a variety of recreational sports and activities **CRSA.2.RSA.2**
 3. Demonstrate proper rules and procedures while engaging in a variety of recreational sports and activities **CRSA.2.RSA.3**
 4. Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise:
 - overload
 - progression
 - specificity**CRSA.2.RSA.4**
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Personal and Social Behavior

3: Students shall demonstrate responsible personal and social behavior which displays respect for self and others in physical activity settings.

1. Demonstrate ability to act responsibly and independently in physical activity settings **PSB.3.RSA.1**
2. Apply appropriate safe behaviors when participating in all physical activities **PSB.3.RSA.2**
3. Model positive social behaviors associated with physical activity **PSB.3.RSA.3**
4. Identify ways to modify activities in order to include persons with diverse abilities **PSB.3.RSA.4**
5. Recognize the impact of peer pressure on physical activity, participation, and performance **PSB.3.RSA.5**