

# Grades 9, 10, 11, 12

Adopted 2014

**Demonstrate competency in motor skills, movement patterns and safety needed to perform a variety of physical activities.**

## **Locomotor and Nonlocomotor Movement**

1. Demonstrate proficiency in multiple movement forms in physical activities. [1.12.1](#)
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## **Manipulative Skills**

2. Perform manipulative skills in combination with locomotor and/or nonlocomotor movements in a variety of environments and under a host of conditions. [1.12.2](#)
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## **Motor Skills and Movement Patterns**

3. Execute complex motor skills and various movement patterns within physical activities. [1.12.3](#)
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## **Safety**

4. Apply safe practices while participating in physical activities. [1.12.4](#)
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**Apply knowledge of concepts, principles and strategies related to movement, performance and safety within physical activities.**

## **Concepts and Principles**

1. Analyze complex skills in a physical activity setting. [2.12.1](#)
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## **Strategies**

2. Analyze strategies used in physical activity settings to improve movement skills. [2.12.2](#)
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## **Safety**

3. Demonstrate safe practices for self and others while participating in physical activities. [2.12.3](#)
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**Participate regularly in physical activity.**

## **Moderate to Vigorous Physical Activity**

1. Engage in a variety of moderate to vigorous physical activities. [3.12.1](#)
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## **Establishing Healthy Activity Patterns and Values**

2. Apply lifelong activity patterns through participation in physical activity. [3.12.2](#)
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## **Self-Management Skills**

3. Demonstrate opportunities at school for regular participation in physical activities. [3.12.3](#)
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**Achieves and maintains a health-enhancing level of physical fitness**

**Health-related Fitness Components**

1. Use personal fitness data to develop an exercise and physical activity plan to improve fitness. [4.12.1](#)
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**Physiological Effects & Benefits of Physical Fitness**

2. Analyze health and fitness benefits derived from participation in various physical activities. [4.12.2](#)