

Grade Ten

Students in grade ten are proficient in all fundamental movement skills and skill combinations and are competent in self-selected physical activities that they are likely to participate in throughout life. They understand and apply key movement and fitness principles and concepts for all activities in which they demonstrate competence. Students are good leaders and good followers, respect others, and anticipate and avoid unsafe physical activity situations. They develop the ability to understand and anticipate how physical activity interests and abilities change across a lifetime. Students demonstrate competency in at least three lifelong physical activities and plan, implement, self-assess, and modify a personal fitness plan. Students are prepared to lead a physically active lifestyle.

Skilled Movement

- 10.1 The student will demonstrate proficiency in all basic movement skills and patterns and competency in at least three self-selected, lifelong, skill-related physical activities.
- Apply competencies in all movement skills to appropriate game/sport, dance, and recreational activities.
 - Design, implement, evaluate, and modify a plan for three or more lifelong, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, setting of goals, improvement of personal skills, and planning for future physical activity beyond school years.

Movement Principles and Concepts

- 10.2 The student will apply movement principles and concepts to skill performance.
- Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.
 - Integrate movement principles and concepts to analyze and improve the performance of self and others in specialized movement forms.

Personal Fitness

- 10.3 The student will demonstrate the ability to independently apply basic principles of training and scientific concepts and principles to increase physical activity and improve personal fitness.
- Select and apply appropriate principles of training (mode, intensity, duration, frequency, progression) in a chosen game/sport, dance, recreational pursuit, or fitness activity to increase regular physical activity and/or improve performance.
 - Use a variety of resources, including available technology, to analyze, assess, and improve physical activity and personal fitness.

Responsible Behaviors

- 10.4 The student will demonstrate appropriate behavior in all physical activity settings.
- Initiate and maintain appropriate personal behaviors in physical activity settings.
 - Exhibit leadership and the ability to follow others when working with a group.
 - Anticipate and avoid potentially dangerous situations in physical activity settings.
 - Explain the role of sport in understanding the perspectives of other cultures.
 - Demonstrate respect for differences among people in physical activity settings.

Physically Active Lifestyle

- 10.5 The student will analyze and evaluate the significance of physical activity to their present and future development and maintenance of a healthy lifestyle.
- a) Participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.
 - b) Demonstrate an understanding of how personal characteristics, participation behavior patterns, and activity preferences are likely to change over time, and determine strategies to deal with those changes.
 - c) Describe common barriers to participation in regular physical activity and methods of overcoming these barriers.