Grade Eleven/Twelve (elective)

Elective physical education provides students with the opportunity to participate in physical activities for specific purposes. Options for offering specialized-movement courses can be configured by quarter, by semester, or on a full-year basis. Students will select areas of concentration to study. Examples of possible choices are:

- aerobics
- aquatics (swimming, kayaking, canoeing)
- cycling
- dance
- individual sports
- lifelong activities
- outdoor pursuits
- Pilates
- self-defense
- skating
- team sports
- weight management
- weight training/conditioning

Skilled Movement

11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity.
   a) Exhibit a level of proficiency in all basic skills required for the selected activity and the ability to use the skills with consistency in the appropriate setting.
   b) Demonstrate an understanding of the rules and strategies of the selected activity, and apply them appropriately.

Movement Principles and Concepts

11/12.2 The student will apply movement principles and concepts to skill performance of the selected specialized-movement activity.
   a) Explain and apply selected scientific principles (e.g., physiological, biomechanical) that aid in the improvement of skills and performance in specialized movement forms.
   b) Integrate movement principles and concepts in order to analyze and improve the performance of self and others in specialized movement forms.

Personal Fitness

11/12.3 The student will achieve and maintain a health-enhancing level of physical fitness.
   a) Participate independently in health-enhancing physical fitness activities.
   b) Evaluate and adjust activity levels to meet personal fitness goals.
   c) Design and critique a personal fitness program, using available technology and resources.
   d) Identify the physical and mental benefits of physical fitness.

Responsible Behavior

11/12.4 The student will accept responsibility for taking a leadership role as well as demonstrate the ability to follow in order to accomplish group goals.
   a) Evaluate and organize a safe environment for skill practice.
   b) Demonstrate appropriate etiquette, care of equipment, and safe behaviors in the activity setting.

Physically Active Lifestyle

11/12.5 The student will participate regularly in health-enhancing physical activities that contribute to personal enjoyment and the attainment and maintenance of personal physical activity goals.