

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

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.