

Grade Nine

In grade nine, students complete the transition from modified versions of movement forms to more complex applications across all types of physical activities — games, sports, dances, and recreational pursuits. They demonstrate the ability to use basic skills, strategies, and tactics. Students demonstrate more specialized knowledge in identifying and applying key movement concepts and principles. They assess and develop a personal physical activity program aimed at improving their skill performance. They apply their understanding of personal fitness to lifelong participation in physical activity. Students demonstrate independence of others in making choices, respect all others, avoid conflict but are able to resolve it appropriately, and use elements of fair play and ethical behavior in physical activity settings. Students demonstrate the ability to plan for and improve components of fitness and achieve and maintain a health-enhancing level of personal fitness.

Skilled Movement

- 9.1 The student will perform all basic movement skills and demonstrate competence in at least two self-selected, lifetime, skill-related physical activities from individual, dual, or team game/sport, dance, and recreational pursuit categories.
- a) Apply competencies in all locomotor, non-locomotor, and manipulative skills to appropriate game/sport, dance, and recreational activity applications.
 - b) Design, implement, evaluate, and modify a plan for at least two self-selected, lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and training, and focus on goal setting and improvement of personal skills.

Movement Principles and Concepts

- 9.2 The student will apply movement principles and concepts to specific sport, dance, and recreational skill performance.
- a) Explain and apply selected scientific principles (e.g., physiological [warm-up, cool down, overload, specificity, and progression], biomechanical [levers, types of muscle contractions, and force]) that aid in the improvement of movement skills.
 - b) Use movement principles and concepts to improve the movement performance of self and others.

Personal Fitness

- 9.3 The student will demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
- a) Demonstrate program-planning skills by setting goals, devising strategies, and making timelines for a personal physical activity plan.
 - b) Apply the FITT (Frequency, Intensity, Time, Type) principle and other principles of training such as overload, specificity, and progression, in accordance with personal goals.
 - c) Include scientific principles and concepts (e.g., methods of stretching, types of muscular contractions) as strategies for improvement of personal fitness.
 - d) Use a variety of resources, including available technology, to assess, design, and evaluate a personal fitness plan.

Responsible Behaviors

- 9.4 The student will demonstrate appropriate behaviors in all physical activity settings.
- a) Act independently, and resist negative peer influences in physical activity settings.
 - b) Exhibit respect for the unique characteristics and abilities of peers.
 - c) Act responsibly to avoid conflict.

Physically Active Lifestyle

- 9.5 The student will participate in school and community health-enhancing physical activities that provide opportunities for challenge and social interaction.
- a) Maintain a record of daily participation in physical activities.
 - b) Develop and evaluate progress toward personal physical-activity goals within and outside of physical education class.
 - c) Analyze long-term physiological and psychological benefits that may result from regular participation in physical activity.

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 lifetime 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, lifetime, skill-related physical activities.
- a) Apply competencies in all movement skills to appropriate game/sport, dance, and recreational activities.
 - b) Design, implement, evaluate, and modify a plan for three or more lifetime, skill-related physical activities. Key concepts include analysis of performance, application of principles of movement and principles of training, focus on goal setting, self-improvement of skills, and planning for the future beyond school years.

Movement Principles and Concepts

- 10.2 The student will apply movement principles and concepts to skill performance.
- 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 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.
- a) Select and apply, in a chosen game/sport, dance, recreational pursuit, or fitness activity, appropriate principles of training to increase regular physical activity and/or improve performance.
 - b) 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.
- a) Initiate and maintain appropriate personal behaviors in physical activity settings.
 - b) Exhibit leadership and the ability to follow others when working with a group.
 - c) Anticipate and avoid potentially dangerous situations 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.

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 self-select areas of concentration to study. Examples of possible choices of study are

aerobics	outdoor pursuits
aquatics (swimming, kayaking, canoeing)	self-defense
cycling	skating
dance	team sports
individual sports	weight management

Skilled Movement

- 11/12.1 The student will demonstrate mastery of movement skills and patterns that apply to the selected specialized-movement activity.
- 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.
 - 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.
- 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 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.
- Participate independently in health-enhancing physical fitness activities.
 - Evaluate and adjust activity levels to meet personal fitness goals.
 - Design and critique a personal fitness program, using available technology and resources.

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.
- Evaluate and organize a safe environment for skill practice.
 - 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.