



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Practices *combined movement skills* and *strategies* in physical activities (I)
- Demonstrates safe practices in physical activities (IB)
- Adjusts movements in relation to *space* and other people while performing physical activities (I)
- Performs all *manipulative* skills using a variety of body parts and equipment (I)
- Performs *locomotor* and *nonlocomotor* movements (B)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- *Analyzes* and *applies* individual *physical factors* that effect skill performance (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (I)
- Uses feedback to correct movement errors and improve performance (I)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Understands how activity participation patterns are likely to change throughout life (I)
- Willingly participates in physical activities (C)
- Identifies at least one activity that they participate in on a regular basis (I)



Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (I)
- Identifies changes in the body during physical activity (I)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Demonstrates *sportsmanship* while participating in physical activities (I)
- Interacts positively with peers regardless of individual and cultural differences (I)
- Works *cooperatively* with teachers and peers (I)
- Demonstrates a positive attitude toward teachers and peers (I)
- Learns about other cultures through sport and activity



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Practices *combined movement skills* and *strategies* in physical activities (I)
- Demonstrates safe practices in physical activities (B)
- Adjusts movements in relation to *space* and other people while performing physical activities (IB)
- Performs all *manipulative* skills using a variety of body parts and equipment (B)
- Performs *locomotor* and *nonlocomotor* movements (C)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- *Analyzes* and *applies* individual *physical factors* that effect skill performance (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (IB)
- Uses feedback to correct movement errors and improve performance (B)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Understands how activity participation patterns are likely to change throughout life (I)
- Willingly participates in physical activities (P)
- Identifies at least one activity that they participate in on a regular basis (B)



Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (I)
- Identifies changes in the body during physical activity (B)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Interacts positively with peers regardless of individual and cultural differences (I)
- Works *cooperatively* with teachers and peers (I)
- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (B)
- Demonstrates a positive attitude toward teachers and peers (B)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Demonstrates safe practices in physical activities (B)
- Practices *combined movement skills* and *strategies* in physical activities (IB)
- Adjusts movements in relation to *space* and other people while performing physical activities (B)
- Performs all *manipulative* skills using a variety of body parts and equipment (C)
- Performs *locomotor* and *nonlocomotor* movements (P)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (I)
- Combines *locomotor*, *nonlocomotor*, and *manipulative* skills in sequence within specific movement forms (I)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Uses feedback to correct movement errors and improve performance (B)
- *Analyzes* and *applies physical factors* that effect skill performance (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (B)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (IB)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Understands how activity participation patterns are likely to change throughout life (I)
- Willingly participates in physical activities (P)
- Identifies at least one activity that they participate in on a regular basis (B)



Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (I)
- Identifies changes in the body during physical activity (C)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (B)
- Interacts positively with peers regardless of individual and cultural differences (B)
- Works *cooperatively* with teachers and peers (B)
- Demonstrates a positive attitude toward teachers and peers (C)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Practices *combined movement skills* and *strategies* in physical activities (IB)
- Demonstrates safe practices in physical activities (BC)
- Adjusts movements in relation to *space* and other people while performing physical activities (C)
- Performs all *manipulative* skills using a variety of body parts and equipment (P)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (B)
- Combines *locomotor*, *nonlocomotor*, and *manipulative* skills in sequence within specific movement forms (B)
- Executes developmentally appropriate movement patterns in modified versions of team and individual sports (I)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- *Analyzes* and *applies* individual *physical factors* that effect skill performance (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (B)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (B)
- Uses feedback to correct movement errors and improve performance (C)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (B)



- Identifies at least one activity that they participate in on a regular basis (C)

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (I)
- Identifies changes in the body during physical activity (P)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Interacts positively with peers regardless of individual and cultural differences (B)
- Works *cooperatively* with teachers and peers (B)
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Adjusts movements in relation to *space* and other people while performing physical activities (C)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (B)
- Practices *combined movement skills* and *strategies* in physical activities (B)
- Demonstrates safe practices in physical activities (C)
- Combines *locomotor, nonlocomotor, and manipulative* skills in sequence within specific movement forms (C)
- Executes developmentally appropriate movement patterns in modified versions of team and individual sports (IB)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- *Analyzes* and *applies physical factors* that effect skill performance (IB)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (C)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (C)
- Uses feedback to correct movement errors and improve performance (CP)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (B)
- Participates regularly in activities that contribute to a physically active lifestyle (C)



- Identifies personal behavior that supports and does not support a *healthy lifestyle* (I)

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (B)
- Uses results of physical fitness assessments to guide changes in physical activity (I)
- Understands how to *monitor* fitness levels using basic *principles of training* (I)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Works *cooperatively* with teachers and peers (B)
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Adjusts movements in relation to *space* and other people while performing physical activities (C)
- Practices *combined movement skills* and *strategies* in physical activities (B)
- Demonstrates safe practices in physical activities (C)
- Executes developmentally appropriate movement patterns in modified versions of team and individual sports (IB)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (C)
- Combines *locomotor*, *nonlocomotor*, and *manipulative* skills in sequence within specific movement forms (P)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (C)
- *Analyzes* and *applies physical factors* that effect skill performance (B)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (CP)
- Uses feedback to correct movement errors and improve performance (P)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (B)
- Participates regularly in activities that contribute to a physically active lifestyle (C)



- Identifies personal behavior that supports and does not support a *healthy lifestyle* (I)

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (B)
- Uses results of physical fitness assessments to guide changes in physical activity (I)
- Understands how to *monitor* fitness levels using basic *principles of training* (B)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Works *cooperatively* with teachers and peers (B)
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Adjusts movements in relation to *space* and other people while performing physical activities (C)
- Demonstrates safe practices in physical activities (C)
- Executes developmentally appropriate movement patterns in modified versions of team and individual sports (IB)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (C)
- Practices *combined movement skills* and *strategies* in physical activities (BC)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (C)
- *Analyzes* and *applies physical factors* that effect skill performance (B)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Participates regularly in activities that contribute to a physically active lifestyle (C)
- Understands how activity participation patterns are likely to change throughout life (C)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (B)



Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (B)
- Uses results of physical fitness assessments to guide changes in physical activity (B)
- Understands how to *monitor* fitness levels using basic *principles of training* (BC)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)
- Works *cooperatively* with teachers and peers (C)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (BC)
- Demonstrates safe practices in physical activities (CP)
- Adjusts movements in relation to *space* and other people while performing physical activities (P)
- Demonstrates *efficient* and *effective movement* using appropriate *biomechanical principles* (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (BC)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (I)
- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (BC)
- *Applies mechanical principles* using the aspects of *space* and effort as it relates to the practice of selected activities (P)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (C)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (B)
- Participates regularly in activities that contribute to a physically active lifestyle (P)



Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (C)
- Uses results of physical fitness assessments to guide changes in physical activity (C)
- Understands how to *monitor* fitness levels using basic *principles of training* (C)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates *sportsmanship* while participating in physical activities (C)
- Demonstrates a positive attitude toward teachers and peers (P)
- Interacts positively with peers regardless of individual and cultural differences (C)
- Works *cooperatively* with teachers and peers (C)



Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Adjusts movements in relation to *space* and other people while performing physical activities (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (BC)
- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (C)
- Demonstrates safe practices in physical activities (P)

Standard:

2. Applies movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (C)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (B)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Willingly participates in physical activities (P)
- Understands how activity participation patterns are likely to change throughout life (C)
- Participates regularly in activities that contribute to a physically active lifestyle (P)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (C)

Standard:

4. Understands how to monitor and achieve a health-enhancing level of physical fitness

Benchmarks:

- Practices appropriate levels of *cardiovascular fitness, muscular strength, endurance, and flexibility* necessary for a *healthy lifestyle* (C)



- Uses results of physical fitness assessments to guide changes in physical activity (C)
- Understands how to *monitor* fitness levels using basic *principles of training* (CP)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates a positive attitude toward teachers and peers (P)
- Works *cooperatively* with teachers and peers (C)
- Demonstrates *sportsmanship* while participating in physical activities (P)
- Interacts positively with peers regardless of individual and cultural differences (P)

Standard:**1. Demonstrates levels of competency and proficiency in various movement forms****Benchmarks:**

- Demonstrates safe practices in physical activities (C)
- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (CP)
- Demonstrates advanced movement patterns in *team* and *individual sports* (C)
- Demonstrates safe practices in *aquatic* activities (IB)

Standard:**2. Applies movement concepts and principles to the learning and development of motor skills****Benchmarks:**

- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (C)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (B)

Standard:**3. Exhibits and understands the benefits associated with participation in various forms of physical activity****Benchmarks:**

- Willingly participates in physical activities (P)
- Participates regularly in activities that contribute to a physically active lifestyle (P)

- Identifies personal behavior that supports and does not support a *healthy lifestyle* (C)
- Understands how activity participation patterns are likely to change throughout life (CP)

Standard:**4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness****Benchmarks:**

- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (C)
- Uses results of physical fitness assessments to guide changes in physical activity (C)
- Understands how to *monitor* fitness levels using basic *principles of training* (P)

Standard:**5. Demonstrates and understands the importance of responsible personal and social behaviors****Benchmarks:**

- Learns about other cultures through sport and activity
- Demonstrates a positive attitude toward teachers and peers (P)
- Demonstrates *sportsmanship* while participating in physical activities (P)
- Interacts positively with peers regardless of individual and cultural differences (P)
- Works *cooperatively* with teachers and peers (P)

Standard:**1. Demonstrates levels of competency and proficiency in various movement forms****Benchmarks:**

- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (C)
- Demonstrates safe practices in physical activities (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (C)
- Demonstrates safe practices in *aquatic* activities (C)

Standard:**2. Applies movement concepts and principles to the learning and development of motor skills****Benchmarks:**

- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (CP)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (C)

Standard:**3. Exhibits and understands the benefits associated with participation in various forms of physical activity****Benchmarks:**

- Willingly participates in physical activities (P)
- Participates regularly in activities that contribute to a physically active lifestyle (P)

- Understands how activity participation patterns are likely to change throughout life (P)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (P)

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Understands how to *monitor* fitness levels using basic *principles of training* (P)
- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (P)
- Uses results of physical fitness assessments to guide changes in physical activity (P)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates a positive attitude toward teachers and peers (P)
- Demonstrates *sportsmanship* while participating in physical activities (P)
- Interacts positively with peers regardless of individual and cultural differences (P)
- Works *cooperatively* with teachers and peers (P)

Standard:**1. Demonstrates levels of competency and proficiency in various movement forms****Benchmarks:**

- Demonstrates safe practices in physical activities (P)
- Demonstrates the ability to use *combined movement skills* and *strategies* in physical activities (P)
- Demonstrates advanced movement patterns in *team* and *individual sports* (P)
- Demonstrates safe practices in *aquatic* activities (P)

Standard:**2. Applies movement concepts and principles to the learning and development of motor skills****Benchmarks:**

- Demonstrates knowledge of *strategies* and rules for sports and other physical activities (P)
- *Analyzes* and *applies physical factors* that effect skill performance (P)
- Demonstrates the ability to select appropriate *practice procedures* to improve level of skill (P)

Standard:**3. Exhibits and understands the benefits associated with participation in various forms of physical activity****Benchmarks:**

- Willingly participates in physical activities (P)
- Participates regularly in activities that contribute to a physically active lifestyle (P)

- Understands how activity participation patterns are likely to change throughout life (P)
- Identifies personal behavior that supports and does not support a *healthy lifestyle* (P)

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Understands how to *monitor* fitness levels using basic *principles of training* (P)
- Practices appropriate levels of *cardiovascular* fitness, *muscular strength*, *endurance*, and *flexibility* necessary for a *healthy lifestyle* (P)
- Uses results of physical fitness assessments to guide changes in physical activity (P)

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Learns about other cultures through sport and activity
- Demonstrates a positive attitude toward teachers and peers (P)
- Demonstrates *sportsmanship* while participating in physical activities (P)
- Interacts positively with peers regardless of individual and cultural differences (P)
- Works *cooperatively* with teachers and peers (P)

**7880 Physical Education-Fitness IV-Adaptive Physical
Education-Fitness**



Physical Education

Standard:

- 1. Demonstrates levels of competency and proficiency in various movement forms**

Benchmarks:

- Uses a variety of basic and advanced movement forms (e.g., soccer, softball, Red Cross Level IV swimming, square dancing, volleyball, weight training/conditioning)

Standard:

1. Demonstrates levels of competency and proficiency in various movement forms

Benchmarks:

- Uses the basic swimming strokes to retrieve the victim (e.g., front crawl, side stroke, breast stroke)
- Understands why and how to use rescue equipment when helping a drowning victim (e.g., rescue tube, rescue board, back board)
- Understands when, why and how to use water entries (e.g., feet first, stride jump, compact jump)
- Understands how to help and rescue multiple victims
- Demonstrates extension assists from the pool deck
- Understands and demonstrates the various rescue techniques to help a drowning victim
- Understands appropriate rescue techniques and skills used in special rescue situations (e.g., missing person procedures, rescue board procedures, back boarding procedures)
- Knows when to use a water rescue rather than an extension assist
- Understands and uses appropriate skills in an emergency situation

Standard:

2. *Applies* movement concepts and principles to the learning and development of motor skills

Benchmarks:

- Uses offensive and defensive techniques to help a drowning victim
- Knows the steps and importance of backboarding

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Works with others to achieve a common goal (e.g., patron safety)

Standard:

3. Exhibits and understands the benefits associated with participation in various forms of physical activity

Benchmarks:

- Understands the potential consequences and outcomes from participation in physical activity
- Understands the benefits of cardiovascular exercise and how this helps prevent cardiovascular disease
- Understands the principles of cross training in meeting the needs of a personal fitness program
- Understands the principles of speed and agility training and their implementation in a self-designed fitness program
- Understands the principles, development, and implementation of a plyometric program

Standard:

4. Understands how to monitor and achieve a *health-enhancing* level of physical fitness

Benchmarks:

- Understands factors that affect the ability to participate in physical activity (e.g., self-designed fitness program, monitor and adjust fitness needs)
- Understands how to monitor and adjust activity levels to meet personal fitness needs
- Knows personal status of cardiorespiratory endurance
- Knows personal status of muscular strength and endurance
- Understands how to design a fitness program based on all components of fitness
- Understands the principles of diet, exercise, and nutrition, and how they work together in the development of a complete personal fitness program

- Understands the principles of agility, flexibility, and injury prevention strategies

Standard:

5. Demonstrates and understands the importance of responsible personal and social behaviors

Benchmarks:

- Understands the hazards of drug abuse including anabolic steroids and the physical and psychological dangers associated with their use