

**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)

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- 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