

COMPONENT	OBJECTIVES	COMPETENCY
I Health and Safety Practices	<ol style="list-style-type: none"> 1. Identify potential safety hazards in physical activities. (PE.B.2.3.1) 2. Apply safety practices while participating in physical activities. 3. Describe and demonstrate proper warm-up and cool-down procedures. (PE.B.1.3.3) 4. Describe practices related to personal hygiene. 5. Identify possible injuries that might result from following inappropriate safety practices. 6. Identify precautions to be taken when exercising in extreme weather and/or environmental conditions. (PE.B.1.3.2) 	<ol style="list-style-type: none"> A. The student can apply appropriate safety practices when engaging in physical activities. (PE.B.2.3.1) B. The student can cite three considerations for proper personal hygiene practices necessary when participating in physical activities. (PE.B.1.3.3) C. The student can identify five injuries which could result from following inappropriate safety practices. (PE.B.1.3.3)
II Physical Fitness Activities	<ol style="list-style-type: none"> 1. List and describe the health-related components of fitness. 2. List and describe the skill-related components of fitness. 3. Compare and differentiate between health-related and skill related fitness. 4. Exhibits an improved or maintained level of health-related fitness activities as measured by naturally named, district approved standardized test of health-related fitness. 5. Exhibit at a satisfactory level, the skills related to: <ol style="list-style-type: none"> a. Striking with objects of different size, shape, texture and weight with the body while stationary and while moving. b. Body Movement. c. Combination of locomotor skills and non-locomotor skills. d. Throwing for distance. 	<ol style="list-style-type: none"> A. The student can identify five components of physical fitness. B. The student can demonstrate an improved level of health-related fitness activities (75% or better). C. The student can perform at a satisfactory level, a variety of skills related to: <ol style="list-style-type: none"> a. Striking with Objects. b. Body Management c. Locomotor/Non-Locomotor. d. Throwing for Distance. e. Throwing for Accuracy. f. Throwing and catching while moving with objects.

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<p>III Physiological Principles</p>	<p>e. Throwing for accuracy. f. Throwing and catching skills while stationary and while moving with objects of different size, weight, shape and texture.</p> <p>6. Demonstrate how health-related and skill-related components of fitness are enhanced by participation in activities involving.:</p> <p>a. Body Management b. Catching and Throwing skills. c. Striking Objects d. Striking Objects with the body.</p> <p>7. Identify available community resources that provide for participation in physical activities. (PE.A.3.3.3)</p> <p>8. Evaluate physical activities en terms of fitness values. (PE.A.3.3.1)</p> <p>1. Understand and apply physiological principles related to exercise and training. (PE.A.2.3.3)</p> <p>2. Identify and describe the principles of overload, progression and frequency. (PE.A.2.3.3)</p> <p>3. Monitor heart rate before, during and after exercise.</p> <p>4. Identify and describe physiological benefits resulting from participation in different forms of physical activity. (PE.A.3.3.1) (PE.B.1.3.9)</p>	<p>D. The student can improve his/her level of fitness during cardiovascular endurance activities, stretching activities, and muscular strength activities through the development and refinement of:</p> <p>a. Body management skills b. Catching and throwing skills. c. Striking objects. d. Striking objects with body. e. The student can differentiate between various types of physical activities in relation to fitness values.</p> <p>E. The student can differentiate between various types of physical activities in relation to fitness values. (PE.B.1.3.2)</p> <p>A. The student can demonstrate the physiological principles related to exercise and training. (PE.B.1.3.9)</p> <p>B. The student can describe and identify five benefits of training.</p>

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IV Mechanical Principles	<ol style="list-style-type: none"> 1. Describe and/or demonstrate the application of mechanical principles of balance, force, leverage and motion inherent with: (PE.A.2.3.1) (PE.A.2.3.2) <ol style="list-style-type: none"> a. Body management skills b. Skills related to striking with objects c. Skills related to striking objects with the body d. Throwing and catching skills 	<ol style="list-style-type: none"> A. The student can perform proper mechanical principles in: <ol style="list-style-type: none"> a. Body management skills b. Skills related to striking with objects. c. Skills related to striking objects with the body d. Throwing and Catching Skills
V Strategies	<ol style="list-style-type: none"> 1. Demonstrate ability to use strategies involved in a variety of physical activities. (PE.B.2.3.3) 2. Demonstrate and describe strategies utilized in individual and/or team timed activities. (PE.A.2.3.5) 3. Understand and apply offensive and defensive strategies in a court, goal or field game. (PE.A.2.3.5) (PE.B.2.3.3) 4. Identify and follow rules for participation in physical activities. 	<ol style="list-style-type: none"> A. The student can perform strategies in games, sports, gymnastics, dance and individual and developmental activities. B. The student can illustrate five offensive and defensive strategies in a court, goal or field game.
VI Affective Outcomes	<ol style="list-style-type: none"> 1. Understand and apply the social skills derived from participation in various physical activities. (PE.B.2.3.3) (PE.B.2.3.4) <ol style="list-style-type: none"> a. Demonstrate leadership skills b. Demonstrate the ability to follow the lead of others c. Demonstrate the ability to cooperate with others as a class member or teammate d. Demonstrate the ability to compete in an appropriate manner e. Demonstrate positive sportsmanship skills f. Demonstrate respect for equipment and facilities. 	<ol style="list-style-type: none"> A. The student can practice social skills, self discipline and positive behavior toward self and others by participating in physical activities.

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<p>VII Critical Thinking Skills</p>	<ol style="list-style-type: none"> 2. Exhibit an improved level of self-confidence in physical activities. (PE.B.2.3.3) (PE.B.2.3.4) 3. Exhibit attributes of self-discipline and positive behaviors toward self and others. (PE.B.2.3.3) (PE.B.2.3.4) 1. Understand and apply critical thinking skills to: <ol style="list-style-type: none"> a. Games/sports b. Gymnastics c. Dance d. Individual and developmental activities e. Related physical activities 2. Differentiate between facts and opinions about physical activities. <ol style="list-style-type: none"> a. Defining main idea. b. Sequencing c. Categorize d. Cause and effect e. Compare and contrast f. Listening and following directions g. Problem solving h. Organizing i. Decision making j. Drawing conclusions k. Inference l. Analyzing 	<p>A. The student can apply critical thinking skills to a variety of topics related to physical activities.</p>