

9 –10th Grade P.E.- Standards and Benchmarks**Standard A: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.**

- 9-10A.1 Student will be able to perform basic dribbling skills to a variety of lead-up games and activities.
- 9-10A.2 Student will be able to perform passing skills to a variety of lead-up games and activities.
- 9-10A.3 Student will be able to combine shooting, passing, dribbling in g games.**
- 9-10A.4 Student will be able to transfer striking skills to a variety of lead-up games and activities
- 9-10A.5 Student will be able to volley an object using arms, hands or equipment back and forth with a partner.
- 9-10A.6 Student will be able to perform shooting skills to a variety of lead-up games and activities.**
- 9-10A.7 Student will be able to throw an object at a moving object.
- 9-10A.8 Student will be able to transfer catching skills to a variety of lead-up games and activities.
- 9-10A.9 Student will be able to transfer kicking skills to a variety of lead-up games and activities.
- 9-10A.10 Student will be able to perform dribbling with right and left hand/foot without looking at the ball.
- 9-10A.11 Student will be bale to throw a variety of objects demonstrating both accuracy and force.
- 9-10A.14 Student will be able to demonstrate basic/advance agility movements using plyometrics.**
- 9-10A.15 Student will be able to demonstrate basic/advance tumbling moves.
- 9-10A.16 Student will be able to keep an object going continuously with a partner or team using a striking pattern.
- 9-10A.17 Student will be able to hand dribble and foot dribble while preventing an opponent from stealing the ball.
- 9-10A.20 Student will be able to perform a variety of swimming strokes (i.e. backstroke, freestyle, side stroke, breast stroke)**
- 9-10A.21 Student will be able to use basic offensive and defensive strategies in a team/individual sport.**
- 9-10A.22 Student will be able to display the basic skills and safety procedures to participate in an activity.**
- 9-10A.23 Student will be able to perform basic water adjustment skills.
- 9-10A.24 Student will be able to perform advance dribbling skills to a variety of lead-up games and activities.
- 9-10A.25 Student will be able to tread water for a specified amount of time.**

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- 9-10B.1 **Student will be able to identify offensive and defensive strategies.**
- 9-10B.2 **Student will be able to identify proper warm-up and cool-down techniques and reasons for them.**
- 9-10B.3 **Student will be able to describe basic principles of training and how they improve fitness.**
- 9-10B.4 Student will be able to evaluate and corrects errors in personal performance when performing a skill.
- 9-10B.5 **Student will be able to develop an appropriate conditioning program for a self-selected life-long activity.**
- 9-10B.6 Student will be able to explain at least two appropriate game tactics involved in playing a game.
- 9-10B.7 **Student will be able to plan a personal fitness-conditioning program.**
- 9-10B.8 Student will be able to explain the impact of participation in selected sports/activities on various components of fitness.
- 9-10B.9 Student will be able to demonstrate complex offensive and defensive strategies.
- 9-10B.10 **Student will be able to perform proper warm-up and cool-down techniques.**
- 9-10B.11 Student will be able to demonstrate at least two appropriate game tactics involved in playing game.

Standard C: Participates regularly in physical activities.

- 9-10C.1 Student will be able to participate in health-enhancing physical activities both during and outside of school.
- 9-10C.2 Student will be able to set personal fitness goals and strive to attain them through activities of their choosing.
- 9-10C.3 Student will be able to accumulate a recommended number of minutes of moderate to vigorous activity four or more days a week.
- 9-10C.4 Student will be able to monitor physical activity through the use of a pedometer, heart-rate monitor and/or physical activity log.
- 9-10C.5 Student will be able to accumulate a specified number of steps during the day to meet personal goals.
- 9-10C.6 **Student will be able to willingly participate in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.**
- 9-10C.7 **Student will be able to identify relationships between an active lifestyle and “feeling good”.**
- 9-10C.8 Student will be able to use appropriate strategies for affecting behavior changes regarding physical activity among adults.

- 9-10C.9 Student will be able to demonstrate effective time management skills that allow opportunities for physical activity to be created or found during a busy day.

Standard D: Achieves and maintains a health-enhancing level of physical fitness.

- 9-10D.1 Student will be able to maintain a heart rate in target heart rate zone for minimum of twenty minutes.
- 9-10D.2 Student will be able to self assess heart rate before, during and after physical activity.**
- 9-10D.3 Student will be able to record a step per second during activity, while wearing a pedometer.
- 9-10D.4 Student will be able to participate in activities designed to improve or maintain muscular strength and endurance, flexibility, cardio respiratory endurance, and body composition both during and outside of school.**
- 9-10D.5 Student will be able to demonstrate the ability to work independently, monitor and adjust in order to achieve personal fitness goals.
- 9-10D.6 Student will meet the age- and gender-specific health-related fitness standards defined by Fitnessgram.
- 9-10D.7 Student will be able to assess physical fitness status in terms of cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition.**

Standard E: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- 9-10E.1 Student will be able to follow classroom rules and procedures.**
- 9-10E.2 Student will be able to respect the rights and feelings of others.**
- 9-10E.3 Student will be able to make decisions to include all team members.
- 9-10E.4 Student will be able to remain on-task in a group activity without close teacher monitoring.
- 9-10E.5 Student will be able to show concern for safety of oneself and others.**
- 9-10E.6 Student will be able to show self control.**
- 9-10E.7 Student will be able to seek out, participate with and show respect for a peer of a lesser skill ability.
- 9-10E.8 Student will be able to recognize the role of games, sports, and dance in getting to know and understand others of like and diverse backgrounds.**
- 9-10E.9 Student will be able to demonstrate behaviors, both nonverbal and verbal that are supportive and inclusive in a physical activity.**
- 9-10E.10 Student will be able to show leadership by diffusing conflict.
- 9-10E.11 Student will be able to assert leadership to foster a positive learning climate for all.
- 9-10E.12 Student will be able to play within the rules of the game or activity.**

Standard F: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- 9-10F.1 Student will be able to recognize physical activity as a positive opportunity for social and group interactions.
- 9-10F.2 Student will be able to identify reasons to participate in physical education.**
- 9-10F.3 Student will be able to enjoy working with others in a sport activity to achieve a common goal.
- 9-10F.4 Student will be able to see learning new activities and skills as challenging.
- 9-10F.5 Student will be able to feel satisfaction when engaging in physical activity.**