

Connecticut State Department of Education

Physical Education Standards

High School Grades 9-12

Essential Questions

Motor Skill Performance

What different ways can the body move given a specific purpose?

Applying Concepts and Strategies

How can I move effectively and efficiently?

Engaging in Physical Activity

What can I do to be physically active and why is this important?

Physical Fitness

Why is it important to be physically fit and how can I stay fit?

Responsible Behavior

How do I interact with others during physical activity?

Benefits of Physical Activity

How will physical activity help me now and in the future?

Physical Education Standards

Motor Skill Performance

Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

Students will maintain and further develop the fundamental movement skills in open environments.

Students will demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.

Students will use complex movements and patterns within a variety of dynamic environments.

Students will develop advanced skills in selected physical activities.

Students will participate in a wide variety of activities, including dance, games, sports and lifetime physical activities.

Applying Concepts and Strategies

Students will demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.

Students will demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

Students will use self, peer, teacher and technological resources as tools to implement performance improvements in self and others.

Students will demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations.

Engaging in Physical Activity

Students will participate regularly in physical activity.

Students will regularly engage in moderate to vigorous physical activities of their choice on a regular basis.

Students will apply characteristics of performance in a variety of activities for purposeful, recreational, skill and fitness outcomes.

Students will apply, evaluate and analyze critical elements of physical activity concepts to increasingly complex game forms.

Students will engage in a variety of appropriate physical activities with individualized goals, during and outside of school, that promote the development and improvement of physical fitness level.

Physical Fitness

Students will incorporate fitness and wellness concepts to achieve and maintain a health enhancing level of physical fitness.

Students will assess and adjust activities to maintain or improve personal level of health-related fitness.

Students will use physiological data to adjust levels of exercise and nutrient intake to promote wellness.

Students will use the results of fitness assessments to guide changes in her or his personal programs of physical activity.

Students will design and implement a personal wellness program based upon information obtained from the fitness assessment and in accordance with appropriate training and nutritional principles.

Responsible Behavior

Students will exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Students will apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

Students will demonstrate leadership and cooperation in order to accomplish the goals of different physical activities.

Students will develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings.

Students will demonstrate initiative in using appropriate skills for resolving conflicts peacefully and encouraging others to do the same.

Benefits of Physical Activity

Students will choose physical activity for health, enjoyment, challenge, self-expression and/or social interaction to sustain a physically active lifestyle.

Students will make decisions and implement plans to participate in different physical activities based on interests and positive feelings of accomplishment in daily living.

Students will use physical activity as a means of creative expression.

Students will use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

Students will seek personally challenging experiences through physical activity as a means to personal growth.

Students will persist in practicing activities to increase specific skill competence in areas of interest.

Students will experiment with new physical activities as part of a personal improvement plan.