

Subject Area **PHYSICAL EDUCATION - 9th Grade Core**

Standard 1

The student will be competent in many movement activities.

Benchmarks - The student will:

- **show basic competence in more than one activity from the curriculum**

Sample Performance Activities

- **Document their competence in two or more types of movement forms, such as playing a team sport using all the skills and strategies.**
- **Demonstrate proficiency in a variety of swimming strokes, or creating and demonstrating a gymnastics routine.**

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Standard 2

The student will understand how and why one moves in a variety of situations and will use this information to enhance his or her skills.

Benchmarks - The student will:

- **identify the characteristics of highly skilled performance in a few movement forms**
- **understand the relationship between biomechanical principals and movement**
- **assess the movement skills of self and others**
- **analyze basic offensive and defensive strategies in games and sports**

Sample Performance Activities

- **Observe a video of an elite athlete and analyze his or her movement form against a provided rubric. Using this analysis, students will compare and contrast their own movement forms.**
- **Watch an organized sporting event and analyze how the basic offensive and defensive strategies contributed to the outcome of the event.**
- **In a cooperative group, student will select a physical activity, analyze it for its component skills, and create a drill or modified game designed to improve that skill.**

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Standard 3

The student will achieve and maintain a health-enhancing of physical fitness.

Benchmarks - The student will:

- **understand the physiological, psychological, and social benefits of a healthy, active lifestyle**
- **assess and analyze their personal fitness**
- **set goals to meet current health-related fitness standards**
- **apply principals of training in designing a personal fitness program**
- **participate in a variety of physical activities appropriate for enhancing physical fitness**

Sample Performance Activities

- **Develop a physical fitness plan for a healthy lifestyle that includes an assessment of their current fitness level, goal setting, and development of an action plan for improvement.**
- **Develop a chart or notebook that contains (1) a definition of physical fitness; (2) fitness components; (3) principles of training; (4) health-risk factors; (5) benefits of exercise; and (6) exercise/activities designed to achieve and maintain fitness.**

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Standard 4

The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression

Benchmarks - The student will:

- **analyze and compare health and fitness benefits derived from various physical activities**
- **identify the ways in which physical activity can provide opportunities for positive social interaction and enjoyment**
- **participate in a variety of physical activities in order to achieve personal goals**

Sample Performance Activities

- **Select and participate in a health-enhancing physical activity outside the classroom setting. They will keep logs showing participation time, cost, facilities used, equipment required, personnel involved, and other related factors influencing their ability to participate.**
- **Write an essay or prepare an audiotape identifying and reflecting on personal benefits and feelings that result from participating in a favorite physical activity.**

Standard 5

The student will exhibit a physically active lifestyle and will understand that physical activity provides opportunities for enjoyment, challenge, and self-expression.

Benchmarks - The student will:

- **act independently of peer pressure**
- **explain and how rules make participation in physical activity safe**
- **apply safe practices, rules and procedures in all physical activity settings**
- **demonstrate good sportsmanship**

Sample Performance Activities

- **Discuss and brainstorm agreements they feel will ensure a safe, risk-free class environment. The list of agreements may include etiquette, ways of interacting, safety, care of facilities and equipment, and student expectations of the teacher.**
- **Take written test that focuses on safety rules and procedures for in-class activities.**
- **Evaluate their own sportsmanship. They will each write an essay discussing when they demonstrate good or poor sportsmanship, including the factors which contribute to that behavior.**

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Standard 6

The student will demonstrate responsible personal behavior while participating in movement activities. These students will understand the importance of respect for all others.

Benchmarks - The student will:

- **resolve conflicts in appropriate ways**
- **participate in peer coaching for development of physical education skills and knowledge**
- **participate in activities representing different cultural backgrounds**

Sample Performance Activities

- **Observe a peer mediation session. Based upon their observation, the students will prepare reports describing the incident that led to the mediation and discuss their reactions to the mediation session. In addition, students will brainstorm possible solutions to the problem.**
- **Work cooperatively to teach a dance or game significant to their culture. The students will compare this movement with similar movements in familiar physical activities.**
- **Research and learn popular games or skills and then teach those activities to your children at activity centers or elementary schools.**

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Standard 7

The student will understand the interrelationship between history and culture and games, sports, play and dance.

Benchmarks - The student will:

- **describe events in history that have had an impact on current physical education programs, sports, and career opportunities**
- **demonstrate an understanding of how sports and dance influence American culture**
- **understand the historical trends in fitness participation and activities**

Sample Performance Activities

- **Describe the impact that television has had on competitive sports over the past three decades. This assignment can be in the form of a video, oral, or written presentation.**