

DeRuyter Central School District

Physical Education

Grades 9-10-11-12

13 benchmarks

►Standard 1: Uses a variety of basic and advanced movement skills

PE9-12.1.1 Uses skills in complex rather than modified versions of physical activities

- More/less players or participants
- rules and strategies
- individual
- dual
- team sports
- lifetime activities

►Standard 2: Uses movement concepts and principles in the development of motor skills

PE9-12.2.1 Understands the physiological principles governing personal fitness levels and methods of improvement

- *overload principle*
- *law of specificity*
- *target heart rate*
- *individual Basal Metabolic Rate*
- *effects of lack of exercise*
- *personal nutritional awareness*

PE9-12.2.2 Uses advanced offensive and defensive strategies and appropriate rules for sports and other physical activities

►Standard 3: Understands the benefits and costs associated with participation in physical activity

PE9-12.3.1 Understands factors that impact the ability to participate in physical activity

- type of activity
- cost
- available facilities
- equipment required
- personnel involved
- personal fitness level

► **Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness**

PE9-12.4.1 Understands and meets personal health-related fitness standards for appropriate level of a physical fitness test

- aerobic capacity
- body composition
- muscle strength
- endurance
- flexibility

PE9-12.4.2 Understands how to designs a personal fitness program that is based on the basic principles of training and encompasses all components of fitness

- cardiovascular and respiratory efficiency
- muscular strength and endurance
- flexibility
- body composition
- injury prevention
- potential conflicts with others
- effects of over-training

PE9-12.4.3 Knows how to monitor and adjust activity levels to meet personal fitness goals

PE9-12.4.4 Understands how to maintain an active lifestyle throughout life

- participate regularly in physical activities that reflect personal interests

► **Standard 5: Understands the social and personal responsibility associated with participation in physical activity**

PE9-12.5.1 Understands how participation in physical activity fosters awareness of diversity and persons of diverse backgrounds and abilities

- gender
- age
- developmental ability
- physical ability

PE9-12.5.2 Uses leadership and follow roles, when appropriate, in accomplishing group goals in physical activities

PE9-12.5.3 Understands the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities

PE9-12.5.4 Understands the role of sport in a diverse world

- the influence of professional sport in society

- the effect of age and gender on sport participation patterns