Physical Education Expectations

Students in skill base activities are expected to participate in a wide range of
sports that can be pursued for lifetime. The continued development of
health-related fitness and the selection of individual sport activities that are
enjoyable are major objectives of this course.

**The focus of this semester course should encompass the following:**

Movement - Learn and develop motor skills

Movement - ability to participate in individual sports

Social Development - strategies, protocols, and rules

Physical activity and Health - physically active lifestyle

Physical activity and Health - Safety Practices

Social Development - Positive personal and social skills

**Individual sports** - aquatics, archery, badminton, bicycling, bowling, gymnastics,
golf, handball, racquetball, table-tennis, tennis, track and field,
or weight training.

Exhibit a level of competency in two or more individual sports.  Consistently perform skills and strategies and
follow rules at a basic level of competency. Use internal and external information to modify movement during performance.

Describe appropriate practice procedures to improve skill and strategy in a sport.

Develop an appropriate conditioning program for the selected sport.

Identify correctly the critical elements for successful performance of a sport skill.

Acknowledge good play from an opponent during competition.  Accept the roles and decisions of officials.  Demonstrate officiating techniques.

Research and describe the historical development of an individual sport.

Select and participate in individual sports that provide for enjoyment and challenge.

Analyze and evaluate personal fitness status in terms of cardiovascular endurance, muscular strength and endurance,
flexibility, body composition.

Analyze and compare health and fitness benefits derived from participating in selected individual sports.

Establish realistic yet challenging health related fitness goals for selected individual sports.

Explain the interrelatedness between selected individual sports and a personal fitness program.

Describe two training principles appropriate for enhancing flexibility, muscular strength and endurance, and cardio
respiratory endurance.

Explain the effects of substance abuse on personal health and performance in physical activity such as side
effects of steroids.

Evaluate risks and safety factors that may affect individual sport preferences.

Identify and follow safety procedures when participating in individual sports.

Describe equipment and practices that prevent or reduce injuries.

Evaluate personal skills and set realistic goals for improvement.

Respond to challenges, successes, and failures in physical activities in socially appropriate ways.

Accept success and performance limitations of self and others.

Anticipate potentially dangerous consequences of participating in selected individual sports.

Demonstrate responsible behavior in individual sports such as playing by the rules, accepting lack of skill in
others.