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| Standards Division Document Development Tool (Semester Long Course) | | | | | |
|  | Course : High School Physical Education 1st Semester | | | | |
|  |  |  |  |  |  |
| First Six Weeks Standards: Health-Related Fitness |  |  | Second Six Weeks Standards: Movement Concepts |  | Third Six Weeks Standards: Personal/Social Responsibility |
| 9.HF.3 Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.  9.HF.3.1 Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.  9.HF.3.2 Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.  9.HF.3.3 Analyze the relationship between the six sports-related components and the five health-related components of fitness. | |  | 9.MC.2 Understand concepts, principles, strategies, and  tactics that apply to the  learning and performance of movement.  9.MC.2.1 Create plans for  establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.  9.MC.2.2 Use complex movement principles to evaluate and improve performance.  9.MC.2.3 Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills. | | 9.PR.4 Use behavioral strategies that  are responsible and enhance respect of self and others and value activity.  9.PR.4.1 Implement leadership skills to promote responsibility in self and others.  9.PR.4.2 Select the most appropriate ways of responding and mediate to settle conflicts.  9.PR.4.3 Explain the influence of physical activity on cultural competence and the development of self-awareness. |

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|  |  | Motor Skills |
|  |  | 9.MS.1 Apply competent motor skills  and movement patterns needed  to perform a variety of physical activities.  9.MS.1.1 Use basic and advanced skills to participate proficiently in at least three of the following  activities or compositions: |
|  |  | aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.  9.MS.1.2 Apply fundamental motor skills and complex skills needed to participate successfully in at least  three lifetime activities.  9.MS.1.3 Apply information and statistical data about personal and group performance to develop |

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|  |  | | strategies to improve game play or participation in activities. |
|  |  | | 9.MS.1.4 Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music. |
| Benchmark Assessment Dates | Benchmark Assessment Dates: | | Benchmark Assessment Dates: |
| Oct 1-5 | Nov 13-20 | | Jan 7-11 |
| First Half-of-Course Standards | | Second Half-of-Course Standards | |
| (Objectives that take the first half of the course to teach) | | (Objectives that take the second half of the course to teach) | |
| Click here to enter text. | | Click here to enter text. | |
| Year Long Standards  (Objectives that may take the full year to teach) | | | |
| Click here to enter text. | | | |

Proposed Benchmark Frequency: Choose an item. Comments (optional): **Click here to enter text.** Name of Person/People Submitting this form: **K Williams**