

Varsity Athletics - Level 1

**Anchor Standard 1:
Motor Skills and
Movement Patterns:
_The physically literate
individual demonstrates
competency in a variety
of motor skills and
movement
patterns._** PE19.VA1.1

A VA-1.1 Physical fitness PE19.VA1.1.A

- 1 Describe physical activities that contribute to the improvement of specific physical fitness components gained from participating in varsity athletics. PE19.VA1.1.1

B VA-1.2 Acquire training techniques necessary for participation in the selected sport. PE19.VA1.1.B

- 2 Identify skills and components needed to design an individualized health-enhancing fitness program for varsity athletics. PE19.VA1.1.2

**Anchor Standard 2:
Movement and
performance: _The
physically literate
individual applies
knowledge of concepts,
principles, strategies,
and tactics related to
movement and
performance._** PE19.VA1.2

A VA-2.1 Acquire an understanding of the importance and consequences of safety in varsity athletics. PE19.VA1.2.A

- 1 Recognize unsafe situations related to participation in varsity athletics. PE19.VA1.2.1

B VA-2.2 Acquire proper techniques of specific activities in varsity athletics. PE19.VA1.2.B

- 2 Identify skills and components for the individual to participate successfully in varsity athletics. PE19.VA1.2.2

**Anchor Standard 3:
Physical Activity and
Fitness: _The physically
literate individual
demonstrates the
knowledge and skills to
achieve and maintain a
health-enhancing level
of physical activity and
fitness._** PE19.VA1.3

A VA-3.1 Maintain a consistent level of exertion in varsity athletics to obtain health benefits. PE19.VA1.3.A

- 1 Determine skills to increase health benefits while participating in varsity athletics. PE19.VA1.3.1

B VA-3.2 Develop the intellect to plan a program for varsity athletics. PE19.VA1.3.B

- 2 Explain skills required for planning individual activities in varsity athletics. PE19.VA1.3.2

**Anchor Standard 4:
Personal and Social
Behavior: _The
physically literate
individual exhibits
responsible personal
and social behavior that
respects self and
others._** PE19.VA1.4

A VA-4.1 Acquire knowledge of local, state, and federal laws as they pertain to varsity athletics. PE19.VA1.4.A

- 1 Research laws pertaining to participating in varsity athletics. PE19.VA1.4.1

B VA.4.2 Display positive leadership skills while participating in varsity athletics. PE19.VA1.4.B

- 2 Explain how your personal actions impact you, teammates, peers, and opponents. PE19.VA1.4.2

**Anchor Standard 5:
Values Physical Activity:
_The physically literate
individual recognizes
the value of physical
activity for health,
enjoyment, challenge,
self-expression, and/or
social
interaction._** PE19.VA1.5

A VA-5.1 Identify and evaluate personal, psychological responses to participation in varsity athletics. PE19.VA1.5.A

- 1 Discuss how participation in varsity athletics assists in developing positive self-image and awareness. PE19.VA1.5.1

B VA-5.2 Analyze the role that varsity athletics play in social interaction and cooperative opportunities within the school, family, community, and workplace. PE19.VA1.5.B

- 2 Discuss and evaluate the individual benefits of participation in varsity athletics, and the social benefits for the individual, family, school, and community. PE19.VA1.5.2