

# High School

## Development of Movement Forms/Motor Skills

- 1 Identify, practice and apply general skills and activity-specific skills to enhance motor proficiency. [PE.1](#)
- 2 Participate in a variety of competitive/non-competitive individual, dual, and team sports/activities. [PE.2](#)
- 3 Demonstrate offensive and defensive strategies while participating in individual, dual, and team sports/activities. [PE.3](#)
- 4 Perform a variety of dance and rhythmic activities. [PE.4](#)

## Physical Activity

- 5 Identify physical activities that increase fitness levels in addition to physical education class. [PE.5](#)
- 6 Explain how physical activity participation patterns are likely to change throughout one's life span. [PE.6](#)
- 7 Identify a variety of regional outdoor adventure activities. [PE.7](#)
- 8 Identify and describe local, state, national and/or international fitness and recreational resources and organizations. [PE.8](#)
- 9 Assess the social, economic, cultural and environmental factors that impact physical activity. [PE.9](#)

## Physical Fitness

- 10 Demonstrate proper form when performing the following muscular strength and endurance exercises (e.g., curl up, sit up, plank, push up). [PE.10](#)
- 11 Demonstrate proper form when developing flexibility (e.g., trunk lift, sit and reach, shoulder stretch). [PE.11](#)
- 12 Demonstrate proper pacing technique when running for various periods of time or distance (e.g., sprint, jog, mile-run). [PE.12](#)
- 13 Use fitness assessment results to identify personal strengths and weaknesses and plan for personal improvement. [PE.13](#)
- 14 Practice principles of training in the design and implementation of a personal fitness program (e.g. F.I.T.T. Principle, Progressive Overload, Muscle Recovery). [PE.14](#)

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**15 Compare and contrast the fitness values of various physical activities.** PE.15

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**Responsible Personal  
and Social Behavior**

**16 Examine potential risks of physical activity and determine how to minimize those risks.** PE.16

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**17 Utilize responsible, considerate personal behaviors in physical activity settings.** PE.17

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**18 Practice proper procedures and demonstrate etiquette and fair play in physical activity settings.** PE.18

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**19 Explain the influence of peers on physical activity participation and performance.** PE.19