

Physical Education

Participation Skills and Techniques

Essential Skills and Knowledge for the Davis School District

In this course, students will create and implement the multifaceted benefits of physical activity including enjoyment, challenge, self-expression, and interaction.

Forms of Movement

- a. Create and implement loco motor, non-loco motor, and manipulative skills.
- b. Create and implement skills during lead-up games.
- c. Create and implement common elements in various manipulative skills.

Motor Skill Development

- a. Create spatial concepts in a variety of games.
- b. Transfer basic manipulative skills and concepts to specialized sport skills.
- c. Create and implement sequences of movement skills in selected activities.

Lifestyle

- a. Create personal fitness and set goals
- b. Participate in a variety of health-promoting activities.
- c. Practice the relationship between proper nutrition and physical activity.
- d. Continue to apply the concepts of exercise frequency, intensity, time, and type.
- e. Develop a fitness program to measure and improve motor skills in at least three lifetime activities.

Responsible Behavior

- a. Demonstrate sensitivity and the ability to resolve conflicts.
- b. Create an environment showing respect for differences among people.
- c. Identify inclusive and exclusive behavior.
- d. Participate in activities with different genders, abilities, skills, and cultures.
- e. Conduct yourself in a way that ensures the physical and emotional safety of all students.

Literacy

- a. Use internet resources to create reports on activity, nutrition, and lifelong wellness.