



PARTICIPATION SKILLS AND TECHNIQUES

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.