

## Health/Physical Education 9

### Reporting Standards

PEH-9.1	Demonstrate competency in a variety of motor skills and movement patterns.
PEH-9.2	Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.
PEH-9.3	Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
PEH-9.4	Exhibit responsible personal and social behavior that respects self and others by following rules and etiquette in a safe manner.
PEH-9.5	Understand concepts related to health promotion and disease through the ability to access valid information, products and services to enhance health.
PEH-9.6	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
PEH-9.7	Use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks.
PEH-9.8	Use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health.

### Learning Targets

PEH-9.1 Demonstrate competency in a variety of motor skills and movement patterns			
Limited	Developing	Proficient	Exemplary
With significant support I can demonstrate some motor skills and movement patterns.	I can demonstrate competency in a variety of motor skills and movement patterns, most of the time.	I can demonstrate competency in a variety of motor skills and movement patterns.	I can consistently and independently demonstrate competency in a variety of motor skills and movement patterns.

PEH-9.2 Apply knowledge of concepts, principles, strategies and tactics related to movement and performance.			
Limited	Developing	Proficient	Exemplary
With significant support I can apply the terminology, rules and concepts of games, and movement/fitness activities.	With frequent prompting I can apply the terminology, rules and concepts of games, and movement/fitness activities to appropriate levels.	I can apply the terminology, rules and concepts of games, and movement/fitness activities to appropriate levels.	I can consistently and independently apply the terminology, rules and concepts of games, and movement/fitness activities to appropriate levels.

PEH-9.3 Demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.			
Limited	Developing	Proficient	Exemplary
With significant support I can maintain a health-enhancing level of physical activity.	With frequent prompting I can maintain a health-enhancing level of physical activity using relevant knowledge and skills.	I can maintain a health-enhancing level of physical activity using relevant knowledge and skills.	I can maintain a health-enhancing level of physical activity using relevant knowledge and skills and model it for others.

## PEH-9.4 Exhibit responsible personal and social behavior that respects self and others.

Limited	Developing	Proficient	Exemplary
With significant support I can exhibit responsible personal and social behavior that respects self and others by following rules and etiquette in a safe manner.	With frequent prompting I can exhibit responsible personal and social behavior that respects self and others by following rules and etiquette in a safe manner.	I can exhibit responsible personal and social behavior that respects self and others by following rules and etiquette in a safe manner.	I can consistently exhibit responsible personal and social behavior that respects self and others by following rules and etiquette in a safe manner and model it for others.

## PEH-9.5 Understand concepts related to health promotion and disease through the ability to access valid information, products and services to enhance health

Limited	Developing	Proficient	Exemplary
I understand concepts related to health promotion and disease through the ability to access valid information, products and services, with significant support.	I understand concepts related to health promotion and disease through the ability to access valid information, products and services to enhance health most of the time.	I understand concepts related to health promotion and disease through the ability to access valid information, products and services to enhance health.	I can consistently demonstrate understanding of concepts related to health promotion and disease through the ability to access valid information, products and services to enhance health and model it to others.

## PEH-9.6 Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Limited	Developing	Proficient	Exemplary
With significant support I can analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Most of the time I can analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	I can demonstrate the ability to analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	I can consistently demonstrate the ability to analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

## PEH-9.7 Use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks.

Limited	Developing	Proficient	Exemplary
With significant support I can use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks.	Most of the time I can use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks.	I can use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks.	I can consistently use interpersonal communication skills as well as advocacy to enhance personal, family, and community health and avoid or reduce health risks and model it for others.

## PEH-9.8 Use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health.

Limited	Developing	Proficient	Exemplary
With significant support I can use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health.	Most of the time I can use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health.	I can use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health.	I can consistently use decision-making skills, goal setting skills, and health enhancing behaviors to enhance health and model it for others

