

WGSD Curriculum  
Physical Education

**Course: Personal Fitness**  
**Grades 10-12**  
**LG 1 Sportsmanship**

**High Priority Standards**

**National Standards for K-12 Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concept, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Learning Goal**

Students will understand the personal and social responsibility of sportsmanship.

**Proficiency Scale**

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Leading other students within the framework of a fitness group.
- Sharing the responsibility of leading the group with other students.
- Explaining personal responsibility in maintaining health.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: fitness, weight control and heart rate, lunges, flexibility, overload, cardiovascular exercise, sportsmanship, peer teaching, team leadership, competition, social behavior.

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|  | <ul style="list-style-type: none"><li>• Performing processes such as:<ul style="list-style-type: none"><li>○ Identifying the role of regular exercise in a person's overall health.</li><li>○ Identifying leadership skills related to sports participation.</li></ul></li></ul> |
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**Learning Targets**

**Students Know How To:**

- Develop class rules and regulations.
- Perform pre-class requirements.
- Apply peer teaching techniques to assist other students at different skill levels.
- Explain the role of regular physical activity in relation to personal health.

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**Course: Personal Fitness**  
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**LG 2 Concepts**

**High Priority Standards**

**National Standards for K-12 Physical Education**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve maintain health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Learning Goal	Proficiency Scale
Students will understand health related fitness concepts and skills.	Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.  Level 3: Student demonstrates mastery with the learning goal as evidenced by: <ul style="list-style-type: none"><li>• Applying the FITT Principle.</li><li>• Explaining the Principle of Progression in exercise.</li><li>• Using gym equipment properly to avoid injury.</li></ul> Level 2: Student demonstrates he/she is nearing proficiency by: <ul style="list-style-type: none"><li>• Recognizing and recalling specific vocabulary, such as: FITT (frequency, intensity, type, time) principle, principle of progression, muscular strength,</li></ul>

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endurance, flexibility and aerobic fitness.

- Performing processes such as:
  - Identifying concepts and skills that allow the body to increase health and fitness.

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

**Learning Targets**

**Students Know How To:**

- Apply skills with a variety of equipment for different fitness plans.
- Assist others in a positive manner while performing a fitness plan.
- Create a plan that improves personal fitness.

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**Course: Personal Fitness**

**Grades 10-12**

**LG 3 Movement**

**High Priority Standards**

**Standard 1:** The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2:** The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain health-enhancing level of physical activity and fitness.

**Standard 4:** The physically literate individual exhibits responsible personal social behavior that respects self and others.

**Standard 5:** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Learning Goal**

Student will be able to perform safe, efficient and effective physical movements.

**Proficiency Scale**

Level 4: Student demonstrates an in-depth inference or advanced application or innovates with the learning goal.

Level 3: Student demonstrates mastery with the learning goal as evidenced by:

- Applying the concepts of biomechanics to develop fine and gross motor skills.

Level 2: Student demonstrates he/she is nearing proficiency by:

- Recognizing and recalling specific vocabulary, such as: biometrics, workload, progression, fine motor, gross motor.
- Performing processes such as:

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- Using proper form when performing specific exercises.
- Identifying all safety procedures associated with specific equipment

Level 1: Student demonstrates a limited understanding or skill with the learning goal.

**Learning Targets**

**Students Know How To:**

- Assist others in their group to perform to the best of their ability.
- Progress in a positive manner as it pertains to the workload given them by their instructor.