

HIGH SCHOOL Physical Education PRIORITY STANDARDS

Course(s) where this standard is applied	Performance Indicator Code	Performance Standards
Standard 1. The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.		
	PE.1.HS.1	Level 1 - Demonstrates competency of specialized skills in health-related fitness activities through addressing 1 or more components of fitness. Components of fitness include: muscular strength, muscular endurance, cardiovascular-respiratory endurance, body composition, and flexibility.
		Level 2 - Demonstrates competency of specialized skills in health-related fitness activities through addressing 2 or more components of fitness. Components of fitness include: muscular strength, muscular endurance, cardiovascular-respiratory endurance, body composition, and flexibility.
Standard 2. The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.		
	PE.2.HS.1	Level 1 - Identifies and defines the terminology associated with aerobic/cardio-respiratory activities, outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games.
Standard 3. The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.		
	PE.3.HS.5	Level 1 - Identifies strength and conditioning exercises that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle.
		Level 2 - Designs and implements a strength and conditioning program that develops balance and opposing muscle groups (agonist-antagonist) and supports a healthy, active lifestyle.
	PE.3.HS.6	Level 1 - Identifies types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, proprioceptive neuromuscular facilitation (PNF), dynamic) for personal fitness development (e.g., strength, endurance, range of motion).
	PE.3.HS.7	Level 1 - Calculates target heart rate and applies that information to personal fitness plan to understand rate of perceived exertion.
		Level 2 - Adjusts pacing to keep heart rate in the target zone, using technology (e.g., pedometer, heart rate monitor) if available, to self-monitor aerobic intensity.
	PE.3.HS.8	Level 1 - Understand the meaning of physical fitness and design a personal fitness program, including all components of health-related fitness for post physical education class.
Standard 4. The physically literate individual exhibits responsible personal and social behavior that respects self and others.		
	PE.4.HS.1	Level 1 - Understands personal factors and barriers that impact participation.
	PE.4.HS.2	Level 1 - Exhibits proper etiquette, respect for others and teamwork while engaging in physical activity.
	PE.4.HS.5	Level 1 - Applies best practices for participating safely in physical activity and exercise (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).
Standard 5. The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.		
	PE.5.HS.1	Level 1 - Analyzes the health benefits of a self-selected physical activity.
	PE.5.HS.2	Level 1 - Challenge is a focus in level 2.