

School District of Loyal

Physical Education

Strength and Fitness

Student Learning Targets



Class: Strength and Fitness (9-12 Grade)

Students who demonstrate understanding can:

WI State Standards	Power Standard:	Student Learning Targets:
Standard 1	The student will demonstrate competency in a variety of motor skills and movement patterns. Performance Indicators (by Level)	Students will be able to: <ul style="list-style-type: none"> • Demonstrate competency in motor skills • Demonstrate competency in movement patterns
Standard 2	The student will apply knowledge of concepts, principles, strategies, and tactics related to movement performance.	Students will be able to: <ul style="list-style-type: none"> • Apply knowledge to concepts of movement performance • Apply knowledge of principles related to movement performance • Apply tactics related to movement performance • Apply knowledge of strategies related to movement performance
Standard 3	The student will demonstrate the knowledge and skills to achieve a health-enhancing level of physical activity and fitness.	Students will be able to: <ul style="list-style-type: none"> • Demonstrate skills to achieve health-enhancing level of physical activity • Demonstrate skills to achieve health-enhancing level of fitness
Standards 4	The student will exhibit responsible personal and social behavior that respects self and others	Students will be able to: <ul style="list-style-type: none"> • Exhibit responsible personal respect to self • Exhibit social behavior that respects others • Exhibit responsible personal respect for others • Exhibit social behavior that respects self
Standard 5	The student will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.	Students will be able to recognize the value of physical activity for: <ul style="list-style-type: none"> • Health • Enjoyment • Challenge • Self-expression • Social