

# School District of Loyal

## Lifetime Fitness

### Grade: 10-12

## Student Learning Targets



### Class: Lifetime Fitness (Grades 10-12)

Students who demonstrate understanding can:

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