

**School District of Loyal**  
**Adventure Fitness**  
**Grade: 10-12**  
**Student Learning Targets**



| <b>Class: Adventure Fitness</b>                    |  |   |
|--|--|---|
| <b>Students who demonstrate understanding can:</b> |  |   |
| <b>WI State Standards</b>                          | <b>Power Standard:</b>   | <b>Student Learning Targets:</b>  |
| 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 recognize the value of physical activity for:</b> <ul style="list-style-type: none"> <li>• Health</li> <li>• Enjoyment</li> <li>• Challenge</li> <li>• Self-expression</li> <li>• Social</li> </ul>   |