

**Power Standards and Benchmarks  
Grades 9-12**

**Physical Education Standard 1: Students will identify and model a health-enhancing level of fitness**

<b>Grade Level Benchmark</b>	<b>Vocabulary</b>	<b>Skills</b>	<b>Classroom Resources</b>
Continues to maintain a consistent pattern of participation in games, sports, dance, outdoor pursuits and/or other physical activities that contribute to a physically active lifestyle	Leisure Aerobic Endurance Lifetime Activities Rhythmic	Fitness Testing, daily exercise, circuit and/or weight training, rhythm activities, Outdoor/recreational activities	Weight Equipment, Videos, testing equipment, outdoor ed. equipment
Understands that preferences for activity patterns change throughout life. Develop and explore strategies to deal with those changes	Individual Group Competitive Recreational	Self monitoring of heart rate, understanding of various recreational activities	Videos, weight equipment, exercise balls, aerobic steppers.
Discusses the long term physiological, psychological, and social benefits of physical activity on the individual and society	Obesity Fitness Self-Concept	Understands benefits of a healthy lifestyle	Heart monitors, pedometers
Continues to achieve or demonstrate improvement toward health related criterion based fitness standards	Goal Setting Motivation	Understands the benefits of targeted daily exercise	Fitness Gram, Fitness testing
Demonstrates the skills and knowledge to monitor and adjust activity levels to meet personal fitness needs	Motivation Vigorous Lifelong Activity	Use of pedometers and heart rate monitors to monitor level of fitness.	Running Chart, Monitors
Develops a personal fitness plan that reflects knowledge and application of fitness training principles	Frequency Intensity Duration Mode	Record Keeping, Journaling	Heart Rate Charts, Hand held computers, palm pilots

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**Physical Education Standard 2: Students will demonstrate competency in performance and applies knowledge of many movement concepts and forms.**

<b>Grade Level Benchmark</b>	<b>Vocabulary</b>	<b>Skills</b>	<b>Classroom Resources</b>
Demonstrate proficiency in manipulative skills in one or more movement forms.	Extension, Rotation, Shooting, etc...	Uses advanced skill consistently in regulation form of an activity. Team and Individual sports, outdoor recreational pursuits.	Sports equipment that covers all type of activity.
Maintains locomotor skills of earlier benchmarks in the context off more specific movement forms.	Lunging, Power Walking	Be able to maintain target heart rate while doing a variety of activities.	Heart rate monitors, journals, textbooks.
Continues to utilize body management skills in the context of a variety of movement forms.	Follow through	Throwing, shooting, hitting a ball or birdie. Knowledge of games that require more wrist than forearm (e.g. Badminton and Tennis).	Sports equipment as needed.
Adapts and combines skills to the demands of a increasingly complex situations of selected movement forms.	Aerobic dance Swim strokes	Keep up with a step aerobic dance class. Swim using a certain stroke.	Swimming pool, videos, aerobic equipment, music and technological equipment.
Understands, identifies and applies strategies in increasingly complex games and sports.	Offense Defense	Develop strategies (e.g. use a drop shot in badminton).	Sports equipment as needed.
Analyzes and applies critical elements to refine performances in more advanced skills.	Footwork Athletic stance	Self-correction	Posters

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**Physical Education Power Standard 3: Students will demonstrate responsible personal and social behavior in physical activity settings.**

<b>Grade Level Benchmarks</b>	<b>Vocabulary</b>	<b>Skills</b>	<b>Classroom Resources</b>
Consistently demonstrates respect for rules, procedures and safe practices in all physical activity settings.	Sportsmanship Integrity	Accepts officials (teacher's) decision without negative reactions.	Lifeskills resources
Identifies and demonstrates aspects of broad-based sportsmanship.	Responsibility Fairness	Including everyone, defining success, modifying scoring system, acknowledge good play from an opponent during competition.	Lifeskills resources
Accepts the responsibility for taking a leadership role and willingly follows as appropriate to accomplish group goals.	Teamwork Cooperation	Willingness to take on role of being a captian. Helping class mates as needed.	
Demonstrates use of mediation skills to diffuse potential conflicts arising in physical activity settings.	Problem solving Anger management	Accurately describes incident, identifies probable factors leading to dispute, recommends appropriate plan to achieve positive results.	Lifeskills resources. Posters modeling good behavior.
Values the potential of physical activity to foster appreciation for diversity by demonstrating inclusion.	Caring Initiative	Works to include peers of all types and ability levels.	
Understands factors which contribute to their personal satisfaction in physical activities and begins to choose and pursue those activities in both school and non-school settings.	Satisfaction Goal Setting	Students realize the benefits of activity to a healthy lifestyle. Students pursue activities of a physical nature on their own, outside of class.	Fitness equipment as needed.