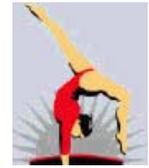




PHYSICAL EDUCATION STANDARDS

FINAL 10/06

HIGH SCHOOL COURSE 4B *Advanced Aerobic Activities*



High School Courses 1 and 2, and 3B are designed to be completed before a student enrolls in High School Course 4B.

STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS, AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

1.1 Demonstrate expertise in two or more of the following aerobic activities, preferably one from each category:

<i>Category 1</i>	<i>Category 2</i>
Aerobic dance	Cross-country skiing
Running	Cycling
Skating	Rowing
Swimming	Triathlon
	Walking

- 1.2 Analyze and evaluate the interrelationship of the principles of biomechanics and the use of strategies in high-level performance.
- 1.3 Create or modify practice/training plans based on evaluative feedback from skill acquisition and performance.
- 1.4 Practice aerobic activities in real-world settings.

STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

- 2.1 Identify and achieve levels of personal excellence in health-related physical fitness.
- 2.2 Adjust personal fitness goals on the basis of fitness assessment measures to improve performance in aerobic activities.
- 2.3 Design a personal physical fitness program in preparation for the demands of a competitive aerobic activity.

STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

Self Responsibility

- 3.1 Demonstrate a physically active lifestyle that provides for enjoyment and challenge through aerobic activity.
- 3.2 Identify the qualities of aerobic activity that enhance personal enjoyment.
- 3.3 Evaluate changes in self-responsibility as skill levels in aerobic activities improve.
- 3.4 Set personal goals for improved performance and enjoyment of aerobic activities.

Group Dynamics

- 3.5 Perform and evaluate planned and spontaneous leadership assignments and roles in high-level aerobic activities.