

# Course: 5015000

## Elementary Adaptive Physical Education IEP or 504 Plan

<b>Course Number:</b>	5015000
<b>Course Title:</b>	Elementary Adaptive Physical Education IEP or 504 Plan
<b>Course Abbreviated Title:</b>	E ADAP PE IEP/504
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

Related Benchmarks:

<b>MACC.K.G.1</b>	<b>Identify and describe shapes (squares, circles, triangles, rectangles, hexagons, cubes, cones, cylinders, and spheres).</b>
MACC.K.G.1.1	Describe objects in the environment using names of shapes, and describe the relative positions of these objects using terms such as above, below, beside, in front of, behind, and next to.
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.K.C.1.1	Recognize locomotor skills.
PE.K.C.1.2	Recognize physical activities have safety rules and procedures.
PE.K.C.1.4	Recognize there are deep and shallow areas of a pool and understand the dangers of entering a body of water without supervision.
PE.K.C.1.7	Identify personal and general space.

PE.K.C.1.8	Recognize movement concepts.
PE.K.C.1.9	Identify body parts.
PE.K.L.1.4	Invite others to participate in physical activities with them.
PE.K.L.1.5	Recognize that physical activity is good for you.
PE.K.L.1.6	Verbally state the search (look left, look right, look left again) used before crossing a roadway.
PE.K.L.2.1	Recognize that strong muscles help the body perform physical activities.
PE.K.L.2.3	Recognize the difference in the activity of the heart during rest and while physically active.
PE.K.L.2.4	Participate in a variety of games that increase breathing and heart rate.
PE.K.L.2.5	Recognize that flexibility is important.
PE.K.L.2.6	Differentiate between healthy and unhealthy food choices.
PE.K.M.1.1	Use a variety of locomotor skills to travel in personal and general space.
PE.K.M.1.3	Balance a lightweight object on a paddle while moving.
PE.K.M.1.5	Use two hands to bounce and catch a large playground ball.
PE.K.M.1.7:	Catch a variety of self-tossed objects.
PE.K.M.1.8:	Roll and throw a variety of objects using an underhand motion.
PE.K.M.1.11:	Balance on a variety of body parts.
PE.K.R.1.1:	Treat others with respect during play.
PE.K.R.1.3:	Use equipment safely and properly.
PE.K.R.1.4:	Identify sharing with a partner as a way to cooperate.
PE.K.R.2.1:	Identify physical activities that are enjoyable.
PE.K.R.2.3:	Continue to participate when not successful on the first try.
PE.K.R.2.4:	Enjoy participation alone and with others.

# Course: 5015070

## Physical Education - Grade 5

### BASIC INFORMATION:

<b>Course Number:</b>	5015070
<b>Course Title:</b>	Physical Education - Grade 5
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION 5
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>MACC.5.G.2</b>	<b>Classify two-dimensional figures into categories based on their properties.</b>
MACC.5.G.2.3	Understand that attributes of belonging to a category of two-dimensional figures also belong to all subcategories of that category. <i>For example, all rectangles have four right angles and squares are rectangles, so all squares have four right angles.</i>
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.5.C.1.1	Understand and apply purposeful movement to a variety of movement settings to include designing and performing movement routines.
PE.5.C.1.2	Design a new game incorporating skills, rules, and strategies.

PE.5.C.1.3	Apply feedback gathered from the use of technology to enhance performance.
PE.5.C.1.4	Identify and explain the different types of basic water rescue techniques using various types of items.
PE.5.C.1.5	Identify basic practice and conditioning principles that enhance performance.
PE.5.C.1.6	Categorize basic offensive and defensive tactics for modified invasion and net activities.
PE.5.C.1.7	Detect, analyze, and correct errors in personal movement patterns.
PE.5.C.1.8	Compare and contrast skills/sports that use similar patterns/concepts.
PE.5.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.5.L.1.2	Demonstrate involvement in physical activities both during and after the school day.
PE.5.L.1.3	Implement lifestyle behaviors to increase physical activity.
PE.5.L.1.4	Use technology and/or information literacy to enhance regular participation in physical activities.
PE.5.L.1.5	Formulate a plan to increase the amount of time spent in physical activity.
PE.5.L.1.6	Discuss the importance of being visible, being predictable, and communicating when cycling.
PE.5.L.2.1	Differentiate between muscular strength and muscular endurance.
PE.5.L.2.2	Participate in selected activities that develop and maintain each component of physical fitness.
PE.5.L.2.3	Analyze one's own physical fitness assessment results and develop strategies to enhance performance.
PE.5.L.2.4	Explain how technology can assist in the pursuit of physical fitness.
PE.5.L.2.5	Apply principles of physical fitness to exercise.
PE.5.L.2.6	Identify the heart rate intensity that is necessary to enhance cardiorespiratory endurance.
PE.5.L.2.7	Regularly participate in physical activity for the purpose of improving physical fitness.

PE.5.L.2.8:	Select proper stretching exercises to increase flexibility and reduce the chance of injury.
PE.5.L.2.9:	Describe the benefits of maintaining a healthy body composition.
PE.5.L.2.10:	Evaluate progress toward short and long-term fitness goals.
PE.5.L.2.11:	Explain the consequences of a low level of physical fitness on the ability to perform various activities.
PE.5.L.2.12:	Plan a menu for a balanced meal.
PE.5.M.1.1:	Apply locomotor skills in a variety of movement settings while applying the appropriate movement concepts as the situation demands.
PE.5.M.1.2:	Approach and strike a moving object with body parts so that the object travels in the intended direction at the desired height using correct technique.
PE.5.M.1.3:	Strike an object continuously with a partner using a paddle/racquet demonstrating correct technique of a forehand pattern.
PE.5.M.1.4:	Strike moving and/or stationary objects with long-handled implements so the objects travel in the intended direction at the desired height using correct technique.
PE.5.M.1.5:	Apply dribbling skills in modified games focusing on offensive strategies.
PE.5.M.1.6:	Demonstrate proficiency in one or more swim strokes.
PE.5.M.1.7:	Catch a variety of objects while traveling and being defended.
PE.5.M.1.8:	Throw a leading pass overhead to a moving partner using a variety of objects.
PE.5.M.1.9:	Perform a self-designed sequence with or without manipulatives while demonstrating balance, coordination, clear shapes, purposeful movements, and smooth transitions.
PE.5.M.1.10:	Perform a variety of dances accurately and with good technique.
PE.5.M.1.11:	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and four different movement elements with correct technique and smooth transitions.
PE.5.R.1.1:	Recognize the positive attributes that individuals of varying gender, age, disability, race, culture, and skill level bring to physical activities.

PE.5.R.1.2:	Arrange equipment safely in a manner appropriate for specific skill practice.
PE.5.R.1.3:	Work productively with a partner to improve performance.
PE.5.R.1.4:	Recognize and appreciate similar and different activity choices of peers.
PE.5.R.2.1:	Recognize that participation in physical activity is a source of self-expression and meaning.
PE.5.R.2.2:	Defend the benefits of physical activity.
PE.5.R.2.3:	Identify enjoyable physical activities.

# Course: 5015060

## Physical Education - Grade 4

### BASIC INFORMATION:

<b>Course Number:</b>	5015060
<b>Course Title:</b>	Physical Education - Grade 4
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION 4
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>MACC.4.G.1</b>	<b>Draw and identify lines and angles, and classify shapes by properties of their lines and angles.</b>
MACC.4.G.1.3	Recognize a line of symmetry for a two-dimensional figure as a line across the figure such that the figure can be folded along the line into matching parts. Identify line-symmetric figures and draw lines of symmetry.
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.4.C.1.1	Understand the importance of purposeful movement in a variety of movement settings to include designing and performing movement routines.
PE.4.C.1.2	Understand the importance of safety in all physical activities, especially those that are high risk.

PE.4.C.1.3	Use technology to gather information about performance.
PE.4.C.1.4	Understand the importance of protecting parts of the body from the harmful rays of the sun.
PE.4.C.1.5	Identify proper warm-up and cool-down techniques and the reasons for using them.
PE.4.C.1.6	Identify basic offensive and defensive tactics for modified invasion and net activities.
PE.4.C.1.7	Detect errors in personal movement patterns.
PE.4.C.1.8	Compare and contrast skills/sports that use similar movement patterns.
PE.4.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.4.L.1.2	Demonstrate involvement in physical activities both during and after the school day.
PE.4.L.1.3	Implement at least one lifestyle behavior to increase physical activity.
PE.4.L.1.4	Use technology and/or information literacy to identify opportunities for participation in physical activities.
PE.4.L.1.5	Make observations about one's personal level of physical activity.
PE.4.L.1.6	Discuss the importance of wearing a bicycle helmet.
PE.4.L.2.1	Identify the muscles being strengthened during the performance of specific physical activities.
PE.4.L.2.2	Identify several activities related to each component of physical fitness.
PE.4.L.2.3	Recognize that physiological responses to exercise are related to levels of personal fitness.
PE.4.L.2.4	Participate in formal and informal physical fitness assessment.
PE.4.L.2.5	Describe ways that technology can assist in the pursuit of physical fitness.
PE.4.L.2.6	Explain principles of physical fitness.
PE.4.L.2.7	Maintain heart rate within the target heart rate zone for a specified length of time during an aerobic activity.
PF.4.1.2.8	Participate in selected physical activities for the purpose of improving



	physical fitness.
PE.4.L.2.9:	Recognize that specific stretches increase flexibility and reduce the chance of injury.
PE.4.L.2.10:	Recognize the benefits of maintaining a healthy body composition.
PE.4.L.2.11:	Develop strategies for improving selected fitness components.
PE.4.L.2.12:	Develop short and long-term fitness goals.
PE.4.L.2.13:	Understand appropriate serving size.
PE.4.M.1.1:	Apply movement concepts to the performance of locomotor skills in a variety of movement settings.
PE.4.M.1.2:	Strike a moving object using body parts from a stationary position so that the object travels in the intended direction at the desired height.
PE.4.M.1.3:	Strike an object continuously using a paddle/racquet demonstrating correct technique of a forehand pattern.
PE.4.M.1.4:	Strike moving and/or stationary objects with long-handled implements using correct technique so the objects travel in the intended direction.
PE.4.M.1.5:	Dribble and pass to a moving partner.
PE.4.M.1.6:	Perform a variety of swim strokes.
PE.4.M.1.7:	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner from varying distances.
PE.4.M.1.8:	Throw balls of various sizes and weights to a stationary partner from varying distances using a correct overhand motion.
PE.4.M.1.9:	Perform a teacher-designed sequence with or without manipulatives while demonstrating balance, coordination, clear shapes, purposeful movements, and smooth transitions.
PE.4.M.1.10:	Perform two or more dances accurately and with good technique.
PE.4.M.1.11:	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and three different movement elements with correct technique and smooth transitions.
PE.4.M.1.12:	Run and hurdle a succession of low to medium level obstacles.
PE.4.R.1.1:	Recognize the influence of individual differences on participation in physical activities.

PE.4.R.1.2:	Regularly encourage others and refrain from put-down statements.
PE.4.R.1.3:	Demonstrate respect and caring for student(s) with disabilities through verbal and non-verbal encouragement and assistance.
PE.4.R.2.1:	Recognize physical activity as a positive opportunity for social and group interaction.
PE.4.R.2.2:	Choose to practice skills for which improvement is needed.
PE.4.R.2.3:	Recognize the connection between skill competence and enjoyment of physical activity.

# Course: 5015050

## Physical Education - Grade 3

### BASIC INFORMATION:

<b>Course Number:</b>	5015050
<b>Course Title:</b>	Physical Education - Grade 3
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION 3
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>MACC.3.MD.1</b>	<b>Solve problems involving measurement and estimation of intervals of time, liquid volumes, and masses of objects.</b>
MACC.3.MD.1.1	Tell and write time to the nearest minute and measure time intervals in minutes. Solve word problems involving addition and subtractions of time intervals in minutes, e.g., by representing the problem on a number line or diagram.
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.3.C.1.1	Identify the importance of purposeful movement and its impact on quality of performance.
PE.3.C.1.2	Understand the importance of safety rules and procedures in all physical activities.

PE.3.C.1.3	Understand that technology can be utilized to assess performance.
PE.3.C.1.4	Identify and explain different items that can be used for assisting in a water related emergency.
PE.3.C.1.5	Identify the reasons for warm-up and cool-down.
PE.3.C.1.6	Describe basic offensive and defensive tactics.
PE.3.C.1.7	Explain how appropriate practice improves performance of movement skills.
PE.3.C.1.8	Analyze peer performance and provide feedback.
PE.3.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.3.L.1.2	Demonstrate involvement in physical activities both during and after the school day.
PE.3.L.1.3	Identify lifestyle changes that can be made to increase the level of physical activity.
PE.3.L.1.4	Identify opportunities in the school and community for regular participation in physical activities.
PE.3.L.1.5	Use an activity log to maintain a personal record of participation in physical activity over a period of time.
PE.3.L.1.6	Differentiate between the correct and incorrect way to fit a bicycle helmet.
PE.3.L.2.1	Describe how muscular strength and endurance enhance performance in physical activities.
PE.3.L.2.2	Match physical fitness assessment events to the associated fitness component.
PE.3.L.2.3	Describe the relationship between the heart and lungs during physical activity.
PE.3.L.2.4	Participate in formal and informal physical fitness assessment.
PE.3.L.2.5	Identify ways that technology can assist in the pursuit of physical fitness.
PE.3.L.2.6	Identify principles of physical fitness.
PE.3.L.2.7	Engage in appropriate physical activity that results in the development of cardiorespiratory endurance.

PE.3.L.2.8:	Associate results of fitness testing to personal health status and ability to perform various activities.
PE.3.L.2.9:	Know how to safely stretch major muscle groups.
PE.3.L.2.10:	Identify different somatotypes (endomorph, mesomorph, ectomorph).
PE.3.L.2.11:	Identify individual strengths and weaknesses based upon results of a formal fitness test.
PE.3.L.2.12:	Read food labels for specific nutrition facts.
PE.3.M.1.1:	Apply locomotor skills in a variety of movement settings.
PE.3.M.1.2:	Strike a stationary object from a stationary position using body parts so that the object travels in the intended direction at the desired height.
PE.3.M.1.3:	Strike an object continuously using a paddle demonstrating correct technique of a forehand pattern.
PE.3.M.1.4:	Strike both moving and stationary objects using a long-handled implement.
PE.3.M.1.5:	Maintain control while dribbling with hands or feet against a defender.
PE.3.M.1.6:	Demonstrate a combination of basic swim skills.
PE.3.M.1.7:	Move in different directions to catch objects of different sizes and weights thrown by a stationary partner.
PE.3.M.1.8:	Throw balls of various sizes and weights to a stationary partner using a correct overhand motion.
PE.3.M.1.9:	Perform a teacher-designed sequence using manipulatives.
PE.3.M.1.10:	Perform one dance accurately and with good technique.
PE.3.M.1.11:	Perform a self-designed gymnastics sequence consisting of clear beginning and ending balances and two different movement elements with correct technique and smooth transitions.
PE.3.M.1.12:	Continuously jump a self-turned rope.
PE.3.R.1.1:	Work cooperatively with peers of differing skill levels.
PE.3.R.1.2:	Willingly try new activities.
PE.3.R.1.3:	Take responsibility for his/her own behavior.

PE.3.R.1.4:	Cooperate with all class members by sharing and taking turns.
PE.3.R.1.5:	Show respect for the views of a peer from a different cultural background.
PE.3.R.2.1:	Seek personally challenging physical activity experiences.
PE.3.R.2.2:	Celebrate own accomplishments without gloating.
PE.3.R.2.3:	Choose to participate in group physical activities.
PE.3.R.2.4:	Appreciate the good performance of others.

# Course: 5015040

## Physical Education - Grade 2

### BASIC INFORMATION:

<b>Course Number:</b>	5015040
<b>Course Title:</b>	Physical Education - Grade 2
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION 2
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>MACC.2.OA.3</b>	<b>Work with equal groups of objects to gain foundations for multiplication.</b>
MACC.2.OA.3.3	Determine whether a group of objects (up to 20) has an odd or even number of members, e.g., by pairing objects or counting them by 2s; write an equation to express an even number as a sum of two equal addends.
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.2.C.1.1	Describe the critical elements of locomotor skills.
PE.2.C.1.2	Understand safety rules and procedures for selected physical activities.

PE.2.C.1.3	Utilize technology to enhance experiences in physical education.
PE.2.C.1.4	Understand the importance of wearing a life jacket (personal flotation device) when on a boat or near water.
PE.2.C.1.5	Understand that warm-up and cool-down activities are important.
PE.2.C.1.6	Define offense and defense.
PE.2.C.1.7	Understand that appropriate practice improves performance of movement skills.
PE.2.C.1.8	Apply teacher feedback to effect change in performance.
PE.2.C.1.9	Describe movement concepts.
PE.2.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.2.L.1.2	Demonstrate involvement in physical activities both during and after the school day.
PE.2.L.1.3	Set and meet physical activity goals.
PE.2.L.1.4	Describe how opportunities for participation in physical activities change over the seasons.
PE.2.L.1.5	Describe healthful benefits that result from regular participation in physical activity.
PE.2.L.1.6	Identify the proper crossing sequence.
PE.2.L.2.1	Recognize how muscular strength and endurance enhance performance in physical activities.
PE.2.L.2.2	Identify the components of health-related physical fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition).
PE.2.L.2.3	Recognize the physiological signs of moderate to vigorous physical activity.
PE.2.L.2.4	Participate in informal physical fitness assessment.
PE.2.L.2.5	Recognize that technology can be used to assist in the pursuit of physical fitness.
PE.2.L.2.6	Recognize the principles of physical fitness.
PE.2.L.2.7	Explain that a stronger heart muscle can pump more blood with each beat.



PE.2.L.2.8	Engage in sustained physical activity that causes an increased heart rate and heavy breathing.
PE.2.L.2.9	Perform appropriate stretching exercises.
PE.2.L.2.10	Recognize that there are different somatotypes (endomorph, mesomorph, ectomorph).
PE.2.L.2.11	Categorize food into food groups.
PE.2.M.1.1	Perform locomotor skills with proficiency in a variety of activity settings to include rhythms/dance.
PE.2.M.1.2	Strike an object continuously using body parts both upward and downward.
PE.2.M.1.3	Strike an object continuously using a paddle both upward and downward.
PE.2.M.1.4	Strike a stationary object a short distance using a long-handled implement so that the object travels in the intended direction.
PE.2.M.1.5	Dribble with hands and feet in various pathways, directions, and speeds around stationary objects.
PE.2.M.1.6	Perform a variety of fundamental aquatics skills.
PE.2.M.1.7	Move in different directions to catch a variety of objects softly tossed by a stationary partner.
PE.2.M.1.8	Demonstrate an overhand throwing motion for distance demonstrating correct technique and accuracy.
PE.2.M.1.9	Perform one folk or line dance accurately with good technique.
PE.2.M.1.10	Demonstrate a sequence of a balance, a roll, and a different balance with correct technique and smooth transitions.
PE.2.M.1.11	Perform at least one skill that requires the transfer of weight to hands.
PE.2.M.1.12	Chase, flee, and dodge to avoid or catch others while maneuvering around obstacles.
PE.2.R.1.1	Play and cooperate with others regardless of personal differences such as gender, skill level, or ethnicity.
PE.2.R.1.2	Accept the feelings resulting from challenges, successes, and failures in physical activity.
PE.2.R.1.3	Offer help to others when appropriate.

PE.2.R.1.4	Handle equipment safely by putting it away when not in use.
PE.2.R.1.5	Honestly report the results of work.
PE.2.R.1.6	Successfully resolve conflicts with others.
PE.2.R.2.1	Use physical activity to express feeling.
PE.2.R.2.2	Describe the relationship between skill competence and enjoyment.
PE.2.R.2.3	Begin to function as a member of a cooperative group.

# Course: 5015030

## Physical Education - Grade 1

### BASIC INFORMATION:

<b>Course Number:</b>	5015030
<b>Course Title:</b>	Physical Education - Grade 1
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION 1
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>MACC.1.OA.3</b>	<b>Add and subtract within 20.</b>
MACC.1.OA.3.3	Relate counting to addition and subtraction (e.g., by counting on 2 to add 2).
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.1.C.1.1	Identify the critical elements of locomotor skills.
PE.1.C.1.2	Identify safety rules and procedures for selected physical activities.
PE.1.C.1.3	Identify technologies that can be utilized to enhance physical activity.
PE.1.C.1.4	Identify the rules for safe water activities and understand the importance of a lifeguard in a swimming facility.
PE.1.C.1.5	Name examples of warm-up and cool-down exercises.

PE.1.C.1.6	Recognize the importance of practicing to improve performance.
PE.1.C.1.7	Use skill cues to improve performance.
PE.1.C.1.8	Identify one's own dominant hand/foot for use with dribbling/striking skills.
PE.1.C.1.9	Identify movement concepts.
PE.1.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.1.L.1.2	Demonstrate involvement in physical activities both during and after the school day.
PE.1.L.1.3	Set physical activity goals.
PE.1.L.1.4	Recognize that there are opportunities for physical activity outside of school.
PE.1.L.1.5	Identify the health benefits of physical activity.
PE.1.L.1.6	Identify edges, pedestrians, vehicles, and traffic.
PE.1.L.2.1	Describe the benefit of strengthening muscles.
PE.1.L.2.2	Recognize that health-related physical fitness consists of different components.
PE.1.L.2.3	Identify the physiological signs of physical activity.
PE.1.L.2.4	Compare and contrast changes in heart rate before, during, and after physical activity.
PE.1.L.2.5	Recognize his or her heart beats faster during more intense physical activity.
PE.1.L.2.6	Explain the cardiorespiratory benefit of regular participation in physical activity.
PE.1.L.2.7	Properly flex and extend body parts to promote flexibility.
PE.1.L.2.8	Name the food groups.
PE.1.M.1.1	Travel using various locomotor skills while changing directions, pathways, and speeds.
PE.1.M.1.2	Strike an object upward using body parts.
PE.1.M.1.3	Strike a lightweight object upward continuously using a paddle.
PF 1 M 1 4	Strike a stationary object a short distance using a modified long-

	handled implement so that the object travels in the intended direction.
PE.1.M.1.5:	Dribble an object with hands or feet while demonstrating control in general space.
PE.1.M.1.6:	Demonstrate a variety of basic water skills.
PE.1.M.1.7:	Move in different directions to catch a variety of self-tossed objects.
PE.1.M.1.8:	Demonstrate an underhand throwing motion for accuracy using correct technique.
PE.1.M.1.9:	Demonstrate an overhand throwing motion for distance using correct technique.
PE.1.M.1.10:	Perform a self-designed creative movement/dance sequence with a clear beginning shape, use of one movement concept, and a different and clear ending shape.
PE.1.M.1.11:	Demonstrate a sequence of a balance, a roll, and a different balance.
PE.1.M.1.12:	Demonstrate the ability to take weight onto hands.
PE.1.M.1.13:	Chase, flee, and dodge to avoid or catch others.
PE.1.M.1.14:	Use a variety of takeoff and landing patterns to jump, hop, and leap safely in relation to various types of equipment.
PE.1.R.1.1:	Choose playmates without regard to personal differences.
PE.1.R.1.2:	Appreciate the benefits that accompany cooperation and sharing.
PE.1.R.1.3:	Follow directions during a large group activity.
PE.1.R.1.4:	Use equipment and space safely and properly.
PE.1.R.1.5:	Display consideration of others while participating on the playground.
PE.1.R.2.1:	Identify feelings resulting from participation in physical activity.
PE.1.R.2.2:	Identify physical activity preferences.
PE.1.R.2.3:	Like the challenge of learning new movement skills.



# Course: 5015020

## Physical Education - Grade K

<b>Course Number:</b>	5015020
<b>Course Title:</b>	Physical Education - Grade K
<b>Course Abbreviated Title:</b>	PHYSICAL EDUCATION K
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades PreK to 5 Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Course Length:</b>	Year
<b>Status:</b>	State Board Approval Pending

### Related Benchmarks:

<b>MACC.K.G.1</b>	<b>Identify and describe shapes (squares, circles, triangles, rectangles, hexagons, cubes, cones, cylinders, and spheres).</b>
MACC.K.G.1.1	Describe objects in the environment using names of shapes, and describe the relative positions of these objects using terms such as above, below, beside, in front of, behind, and next to.
<b>LACC.K12.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.K12.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases by using context clues, analyzing meaningful word parts, and consulting general and specialized reference materials, as appropriate.
PE.K.C.1.1	Recognize locomotor skills.
PE.K.C.1.2	Recognize physical activities have safety rules and procedures.
PE.K.C.1.3	Recognize technology can be utilized during physical activity.
PE.K.C.1.4	Recognize there are deep and shallow areas of a pool and understand the dangers of entering a body of water without supervision.
PF K C 1 5	Recognize the concept of a dominant hand/foot for throwing/striking

	patterns.
PE.K.C.1.6	Recite cues for a variety of movement patterns and skills.
PE.K.C.1.7	Identify personal and general space.
PE.K.C.1.8	Recognize movement concepts.
PE.K.C.1.9	Identify body parts.
PE.K.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.K.L.1.2	Identify opportunities for involvement in physical activities both during and after the school day.
PE.K.L.1.3	Describe physical activity goal-setting.
PE.K.L.1.4	Invite others to participate in physical activities with them.
PE.K.L.1.5	Recognize that physical activity is good for you.
PE.K.L.1.6	Verbally state the search (look left, look right, look left again) used before crossing a roadway.
PE.K.L.2.1	Recognize that strong muscles help the body perform physical activities.
PE.K.L.2.2	Recognize the physiological signs of physical activity.
PE.K.L.2.3	Recognize the difference in the activity of the heart during rest and while physically active.
PE.K.L.2.4	Participate in a variety of games that increase breathing and heart rate.
PE.K.L.2.5	Recognize that flexibility is important.
PE.K.L.2.6	Differentiate between healthy and unhealthy food choices.
PE.K.M.1.1	Use a variety of locomotor skills to travel in personal and general space.
PE.K.M.1.2	Strike objects using body parts forcefully.
PE.K.M.1.3	Balance a lightweight object on a paddle while moving.
PE.K.M.1.4	Strike an object forcefully using a modified, long-handled implement of various sizes, weights, and compositions.
PE.K.M.1.5	Use two hands to bounce and catch a large playground ball.



PE.K.M.1.6:	Participate in a variety of introductory water skills.
PE.K.M.1.7:	Catch a variety of self-tossed objects.
PE.K.M.1.8:	Roll and throw a variety of objects using an underhand motion.
PE.K.M.1.9:	Throw a variety of objects forcefully using an overhand motion.
PE.K.M.1.10:	Perform a creative movement sequence with a clear beginning shape, at least one movement concept, and a clear ending shape.
PE.K.M.1.11:	Balance on a variety of body parts.
PE.K.M.1.12:	Perform a variety of rolling actions.
PE.K.M.1.13:	Move in a variety of ways in relation to others.
PE.K.R.1.1:	Treat others with respect during play.
PE.K.R.1.2:	Practice specific skills as assigned until the teacher signals the end of practice.
PE.K.R.1.3:	Use equipment safely and properly.
PE.K.R.1.4:	Identify sharing with a partner as a way to cooperate.
PE.K.R.2.1:	Identify physical activities that are enjoyable.
PE.K.R.2.2:	Willingly try new movements and motor skills.
PE.K.R.2.3:	Continue to participate when not successful on the first try.
PE.K.R.2.4:	Enjoy participation alone and with others.

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508700	
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 6 to 8 Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »	
<b>Course Title:</b>	M/J Comprehensive - Grades 7/8	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J COMPRE GRDE 7/8	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 7th and 8th grade students and is intended to be 18 weeks in length. The purpose of this course is to build on previously acquired knowledge, skills, and values necessary for the implementation and maintenance of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which include, but is not limited to: Outdoor Pursuits/Aquatics, Individual/Dual Sports and Alternative/Extreme Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.7.SL.1</b>	<b>Comprehension and Collaboration</b>	
LACC.7.SL.1.1	Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.6-8.R.ST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.”	

	“For every vote candidate A received, candidate C received nearly three votes.”	
PE.7.C.1.7	Identify and explain different types of safety equipment and practices relating to water activities.	
PE.7.L.1.2	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.	
PE.7.L.1.4	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management.	
PE.7.M.1.3	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	
PE.7.M.1.4	Demonstrate introductory outdoor pursuits skills.	
PE.7.M.1.5	Perform aquatics activities to improve or maintain health-related fitness.	
PE.7.M.1.6	Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.	
PE.7.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.7.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.8.C.1.1	Identify basic rules for individual/dual sports.	
PE.8.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.8.C.1.3	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	
PE.8.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.8.C.1.5	Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.	
PE.8.C.1.6	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	
PE.8.L.1.2	Participate in a variety of individual/dual and alternative/extreme sport activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.1.3	Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.	
PE.8.L.1.4	Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management.	
PE.8.L.2.1	Demonstrate achievement and maintenance of a health-	

	enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.8.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.8.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.8.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.8.L.2.5	Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.2.6	Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.M.1.1	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.	
PE.8.M.1.2	Demonstrate critical elements when striking with an object or implement.	
PE.8.M.1.3	Demonstrate body management for successful participation in a variety of modified games and activities.	
PE.8.M.1.4	Apply principles of biomechanics necessary for safe and successful performance.	
PE.8.M.1.5	Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.	
PE.8.M.1.6	Demonstrate offensive, defensive, and transition strategies and tactics.	
PE.8.M.1.7	Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.	
PE.8.M.1.8	Apply technology to evaluate, monitor, and improve individual motor skills.	
PE.8.M.1.9	Select and utilize appropriate safety equipment.	
PE.8.R.1.1	Act independently of peer pressure both in and out of school.	
PE.8.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	
PE.8.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.	
PE.8.R.2.1	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	

PE.8.R.2.2	Describe the potential benefits of participation in a variety of physical activities.	
PE.8.R.2.3	Compare and contrast games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508600	
<b>Course Path:</b>	Section: <a href="#">Grades PreK to 12 Education Courses</a> » Grade Group: <a href="#">Grades 6 to 8 Education Courses</a> » Subject: <a href="#">Physical Education</a> » SubSubject: <a href="#">General</a> »	
<b>Course Title:</b>	M/J Comprehensive - Grades 6/7	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J COMPRE GRDE 6/7	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 6th and 7th grade students and intended to be 18 weeks in length. The purpose of this course is to provide a foundation of knowledge, skills, and values necessary for the development of a physically active lifestyle. The course content provides exposure to a variety of movement opportunities and experiences which includes, but is not limited to: Fitness Activities, Educational Gymnastics and Dance, and Team Sports. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.RI.3</b>	<b>Integration of Knowledge and Ideas</b>	
LACC.6.RI.3.7	Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.	
<b>LACC.68.R.ST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.2	List safety procedures that should be followed when engaging	

	in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved through the application of training principles.	
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.C.1.6	Describe the training principles of overload, progression, and specificity.	
PE.6.C.1.7	Classify activities as aerobic or anaerobic.	
PE.6.C.1.8	Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.	
PE.6.C.1.9	List the components of skill-related fitness.	
PE.6.C.1.10	Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.	
PE.6.C.1.11	List methods of monitoring intensity level during aerobic activity.	
PE.6.C.1.12	Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.	
PE.6.C.1.13	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.	
PE.6.C.1.14	List terminology and etiquette in educational gymnastics or dance.	
PE.6.C.1.15	Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.	
PE.6.C.1.16	Describe the mechanical principles of balance, force, and leverage and how they relate to the performance of skills in gymnastics or dance.	
PE.6.C.1.17	List and describe the risks and safety procedures in gymnastics and dance.	
PE.6.C.1.18	Recognize the relationship between music and dance or gymnastics skills.	
PE.6.C.1.19	Know how improvisation is used to create movements for choreography.	
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.21	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	

PE.6.L.1.2	Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the components of health-related fitness.	
PE.6.L.1.3	Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.	
PE.6.L.1.4	Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the management of stress.	
PE.6.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.6.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.6.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.6.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.6.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.M.1.1	Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.	
PE.6.M.1.2	Perform at least three different activities that achieve target heart rate.	
PE.6.M.1.3	Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.	
PE.6.M.1.4	Perform at least three activities having value for cardiorespiratory fitness.	
PE.6.M.1.5	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	
PE.6.M.1.6	Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transfer of weight.	
PE.6.M.1.7	Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.	
PE.6.M.1.8	Perform complex dance sequences from a variety of dances accurately and with correct technique.	
PE.6.M.1.9	Create and perform a rhythmic movement sequence while working with a partner or group.	
PE.6.M.1.10	Design and perform different group dance and rhythm sequences that incorporate equipment.	



PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.6.R.1.1	Recognize that peer pressure can be positive and negative.	
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical activities.	
PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.6.R.2.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.	
PE.6.R.2.3	Study games, sports, and/or physical activities from other cultures.	
PE.7.C.1.1	Demonstrate an understanding of the basic rules for team sports.	
PE.7.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.7.C.1.3	Identify the critical elements for successful performance of a variety of sport skills.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.7.C.1.5	Explain basic offensive and defensive strategies in modified games or activities and team sports.	
PE.7.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	
PE.7.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.7.L.1.2	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.	
PE.7.L.1.4	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management.	
PE.7.M.1.1	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	
PE.7.M.1.2	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	

PE.7.M.1.3	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	
PE.7.M.1.6	Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.	
PE.7.M.1.7	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	
PE.7.M.1.8	Apply technology to evaluate, monitor, and improve individual skill performance.	
PE.7.M.1.9	Demonstrate principles of biomechanics necessary for safe and successful performance.	
PE.7.R.1.1	Identify situations in which peer pressure could negatively impact one's own behavior choices.	
PE.7.R.1.4	Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.	
PE.7.R.2.1	Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities.	
PE.7.R.2.3	Discuss games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508500	
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 6 to 8 Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »	
<b>Course Title:</b>	M/J Individual/Dual Sports - Grade 8	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J IND/DUAL SPT GD8	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 8th grade students and intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to competent in many forms of movement, knowledge of offensive and defensive strategies and tactics, and appropriate social behaviors within both competitive and non-competitive activity settings. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.8.C.1.1	Identify basic rules for individual/dual sports.	
PE.8.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.8.C.1.3	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	

PE.8.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.8.C.1.5	Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.	
PE.8.C.1.6	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	
PE.8.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.8.L.1.2	Participate in a variety of individual/dual and alternative/extreme sport activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.1.3	Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.	
PE.8.L.1.4	Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management.	
PE.8.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.8.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.8.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.8.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.8.L.2.5	Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.2.6	Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.M.1.1	Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.	
PE.8.M.1.2	Demonstrate critical elements when striking with an object or implement.	
PE.8.M.1.3	Demonstrate body management for successful participation in a variety of modified games and activities.	
PE.8.M.1.4	Apply principles of biomechanics necessary for safe and successful performance.	
PE.8.M.1.5	Demonstrate appropriate speed and generation of force	

	when running sprints or distance, throwing, jumping, striking, or kicking.	
PE.8.M.1.6	Demonstrate offensive, defensive, and transition strategies and tactics.	
PE.8.M.1.7	Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.	
PE.8.M.1.8	Apply technology to evaluate, monitor, and improve individual motor skills.	
PE.8.M.1.9	Select and utilize appropriate safety equipment.	
PE.8.R.1.1	Act independently of peer pressure both in and out of school.	
PE.8.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	
PE.8.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.8.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.	
PE.8.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.8.R.2.1	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.8.R.2.2	Describe the potential benefits of participation in a variety of physical activities.	
PE.8.R.2.3	Compare and contrast games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508400	
<b>Course Path:</b>	Section: <a href="#">Grades PreK to 12 Education Courses</a> » Grade Group: <a href="#">Grades 6 to 8 Education Courses</a> » Subject: <a href="#">Physical Education</a> » SubSubject: <a href="#">General</a> »	
<b>Course Title:</b>	M/J Extreme/Alternative Sports - Grade 8	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J EXTRME SPRTS GD8	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 8th grade students and is intended to be 18 weeks in length. The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a healthy and physically active lifestyle.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.8.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.8.C.1.3	Identify the critical elements for successful performance in a variety of sport skills or physical activities.	
PE.8.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	

PE.8.C.1.5	Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.	
PE.8.C.1.6	Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.	
PE.8.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.8.L.1.2	Participate in a variety of individual/dual and alternative/extreme sport activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.1.3	Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.	
PE.8.L.1.4	Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management.	
PE.8.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.8.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.8.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.8.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.8.L.2.5	Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.L.2.6	Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.8.M.1.3	Demonstrate body management for successful participation in a variety of modified games and activities.	
PE.8.M.1.4	Apply principles of biomechanics necessary for safe and successful performance.	
PE.8.M.1.7	Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.	
PE.8.M.1.8	Apply technology to evaluate, monitor, and improve individual motor skills.	
PE.8.M.1.9	Select and utilize appropriate safety equipment.	
PE.8.R.1.1	Act independently of peer pressure both in and out of school.	

PE.8.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.	
PE.8.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.8.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.	
PE.8.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.8.R.2.1	Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.8.R.2.2	Describe the potential benefits of participation in a variety of physical activities.	
PE.8.R.2.3	Compare and contrast games, sports, and/or physical activities from other cultures.	



<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508300	
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 6 to 8 Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »	
<b>Course Title:</b>	M/J Outdoor Pursuits/Aquatics - Grade 7	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J OUTDR PRSTS GRD7	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 7th grade students and is intended to be 18 weeks in length. The purpose of this course is to provide the skills, knowledge, and motivation necessary for participation in non-traditional forms of physical activity. The integration of fitness concepts throughout the content is critical to student success in this course and in the development of a physically active lifestyle.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.7.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.7.C.1.3	Identify the critical elements for successful performance of a variety of sport skills.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	

PE.7.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	
PE.7.C.1.7	Identify and explain different types of safety equipment and practices relating to water activities.	
PE.7.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.	
PE.7.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.7.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.7.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.7.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.7.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.7.M.1.4	Demonstrate introductory outdoor pursuits skills.	
PE.7.M.1.5	Perform aquatics activities to improve or maintain health-related fitness.	
PE.7.M.1.6	Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.	
PE.7.M.1.7	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	
PE.7.M.1.8	Apply technology to evaluate, monitor, and improve individual skill performance.	
PE.7.M.1.9	Demonstrate principles of biomechanics necessary for safe and successful performance.	
PE.7.R.1.1	Identify situations in which peer pressure could negatively impact one's own behavior choices.	
PE.7.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.7.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.7.R.1.4	Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.	
PE.7.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating	

	in a variety of physical activities.	
PE.7.R.2.1	Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities.	
PE.7.R.2.3	Discuss games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508200	
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 6 to 8 Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »	
<b>Course Title:</b>	M/J Team Sports - Grade 7	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J TEAM SPORTS GRD7	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 7th grade students and is intended to be 18 weeks in length. The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
MACC.6.RP.1	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.7.C.1.1	Demonstrate an understanding of the basic rules for team sports.	
PE.7.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	
PE.7.C.1.3	Identify the critical elements for successful performance of	

	a variety of sport skills.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.7.C.1.5	Explain basic offensive and defensive strategies in modified games or activities and team sports.	
PE.7.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	
PE.7.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.	
PE.7.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.7.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.7.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.7.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.7.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.	
PE.7.M.1.1	Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.	
PE.7.M.1.2	Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.	
PE.7.M.1.3	Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.	
PE.7.M.1.6	Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.	
PE.7.M.1.7	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.	
PE.7.M.1.8	Apply technology to evaluate, monitor, and improve individual skill performance.	
PE.7.M.1.9	Demonstrate principles of biomechanics necessary for safe and successful performance.	
PE.7.R.1.1	Identify situations in which peer pressure could negatively impact one's own behavior choices.	
PE.7.R.1.2	Demonstrate acceptance and respect for persons of diverse	

	backgrounds and abilities in physical activity settings.	
PE.7.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.7.R.1.4	Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.	
PE.7.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.7.R.2.1	Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities.	
PE.7.R.2.3	Discuss games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1508100	
<b>Course Path:</b>	Section: <a href="#">Grades PreK to 12 Education Courses</a> » Grade Group: <a href="#">Grades 6 to 8 Education Courses</a> » Subject: <a href="#">Physical Education</a> » SubSubject: <a href="#">General</a> »	
<b>Course Title:</b>	M/J Educational Gymnastics/Dance - Grade 6	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	M/J EDUC GYM/DNC 6	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>General Notes:</b>	This course is designed for 6th grade students and intended to be 18 weeks in length. The purpose of this course is to provide students with the knowledge, skills, and values necessary to design and perform educational gymnastics and dance sequences in a variety of settings. "Educational" gymnastics is intended to have an emphasis on body awareness, body management, maximum participation, high success rates, and open-ended responses from students. Integrating fitness throughout the content is critical to the success of the course.	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.6.C.1.14	List terminology and etiquette in educational gymnastics or dance.	
PE.6.C.1.15	Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.	

PE.6.C.1.16	Describe the mechanical principles of balance, force, and leverage and how they relate to the performance of skills in gymnastics or dance.	
PE.6.C.1.17	List and describe the risks and safety procedures in gymnastics and dance.	
PE.6.C.1.18	Recognize the relationship between music and dance or gymnastics skills.	
PE.6.C.1.19	Know how improvisation is used to create movements for choreography.	
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.6.L.1.2	Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the components of health-related fitness.	
PE.6.L.1.3	Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.	
PE.6.L.1.4	Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the management of stress.	
PE.6.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.6.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.6.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.6.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.6.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.M.1.6	Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transfer of weight.	
PE.6.M.1.7	Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.	
PE.6.M.1.8	Perform complex dance sequences from a variety of dances accurately and with correct technique.	
PE.6.M.1.9	Create and perform a rhythmic movement sequence while working with a partner or group.	



PE.6.M.1.10	Design and perform different group dance and rhythm sequences that incorporate equipment.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.6.M.1.12	Use proper safety practices.	
PE.6.M.1.13	Use technology to assess, enhance, and maintain motor skill performance.	
PE.6.R.1.1	Recognize that peer pressure can be positive and negative.	
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical activities.	
PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.6.R.2.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.	
PE.6.R.2.3	Study games, sports, and/or physical activities from other cultures.	

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1508000
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 6 to 8 Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »
<b>Course Title:</b>	M/J Fitness - Grade 6
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	M/J FITNESS GRADE 6
<b>Course Length:</b>	Semester
<b>Course Type:</b>	Elective
<b>Course Status:</b>	State Board Approval Pending
<b>General Notes:</b>	<p>This fitness course is designed for 6th grade students and intended to be 18 weeks in length. The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness which are critical for students' success.</p> <p><b>Instructional Practices</b></p> <p>Teaching from a well-written, grade-level textbook enhances students' content area knowledge and also strengthens their ability to comprehend longer, complex reading passages on any topic for any reason. Using the following instructional practices also helps student learning:</p> <ol style="list-style-type: none"> <li>1. Reading assignments from longer text passages as well as shorter ones when text is extremely complex.</li> <li>2. Making close reading and rereading of texts central to lessons.</li> <li>3. Asking high-level, text-specific questions and requiring high-level, complex tasks and assignments.</li> <li>4. Requiring students to support answers with evidence from the text.</li> <li>5. Providing extensive text-based research and writing opportunities (claims and evidence).</li> </ol>
<b>Special Notes:</b>	

<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.6.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.6.L.3.6	Acquire and use accurately grade-appropriate general academic and domain-specific words and phrases; gather vocabulary knowledge when considering a word or phrase important to comprehension or expression.	
<b>LACC.68.RST.2</b>	<b>Craft and Structure</b>	
LACC.68.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6–8 texts and topics.	
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems.</b>	
MACC.6.RP.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”	
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved through the application of training principles.	
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.C.1.6	Describe the training principles of overload, progression, and specificity.	
PE.6.C.1.7	Classify activities as aerobic or anaerobic.	
PE.6.C.1.8	Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.	
PE.6.C.1.9	List the components of skill-related fitness.	
PE.6.C.1.10	Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.	

PE.6.C.1.11	List methods of monitoring intensity level during aerobic activity.	
PE.6.C.1.12	Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.	
PE.6.C.1.13	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.	
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.21	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.6.L.1.3	Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.	
PE.6.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.	
PE.6.L.2.2	Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.	
PE.6.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	
PE.6.L.2.4	Select a variety of physical activities when developing a personal fitness program.	
PE.6.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.M.1.1	Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.	
PE.6.M.1.2	Perform at least three different activities that achieve target heart rate.	
PE.6.M.1.3	Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.	
PE.6.M.1.4	Perform at least three activities having value for cardiorespiratory fitness.	
PE.6.M.1.5	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.6.M.1.12	Use proper safety practices.	

PE.6.R.1.1	Recognize that peer pressure can be positive and negative.	
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical activities.	
PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.	
PE.6.R.2.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.	
PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.	
PE.6.R.2.3	Study games, sports, and/or physical activities from other cultures.	

## GENERAL INFORMATION

**Course Number:** 1501122

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Comprehensive Physical Education 3 & Career Planning

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Comprehensive Physical Education 3 & Career Planning

**Course Length:** Year

**Course Status:** State Board Approved

**General Notes:** **Career and Education Planning** - The career and education planning course required by Section 1003.4156

## RELATED BENCHMARKS (52) :

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.8.S.3.2	Determine and describe how changes in data values impact measures of central tendency.	Moderate
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved through the application of training principles.	
PE.6.C.1.8	Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.	
PE.6.C.1.10	Determine personal target heart rate zone and explain how to	

adjust intensity level to stay within the desired range.

- PE.6.C.1.12 Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.
- PE.6.C.1.13 Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.
- PE.6.C.1.14 List terminology and etiquette in educational gymnastics or dance.
- PE.6.C.1.15 Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.
- PE.6.C.1.16 Describe the mechanical principles of balance, force, and leverage and how they relate to the performance of skills in gymnastics or dance.
- PE.6.C.1.17 List and describe the risks and safety procedures in gymnastics and dance.
- PE.6.C.1.18 Recognize the relationship between music and dance or gymnastics skills.
- PE.6.C.1.19 Know how improvisation is used to create movements for choreography.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.C.1.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
- PE.6.C.1.22 Evaluate the movement performance of others.
- PE.6.M.1.3 Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.
- PE.6.M.1.5 Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.

- PE.6.M.1.8 Perform complex dance sequences from a variety of dances accurately and with correct technique.
- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.M.1.5 Perform aquatics activities to improve or maintain health-related fitness.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.5 Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.8.L.1.2 Participate in a variety of individual/dual and alternative/extreme sport activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.



- PE.8.L.1.3 Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.
- PE.8.L.1.4 Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management.
- PE.8.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.8.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.8.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.8.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.8.L.2.5 Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.2.6 Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.M.1.1 Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.6 Demonstrate offensive, defensive, and transition strategies and tactics.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve

individual motor skills.

- PE.8.M.1.9 Select and utilize appropriate safety equipment.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

### **CERTIFICATIONS OPTIONS (3)**

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (7)**

- Central tendency A measure used to describe data (e.g., mean, mode, median).
- Mean There are several statistical quantities called means, e.g.,

harmonic mean, arithmetic mean, and geometric mean. However, "mean" commonly refers to the arithmetic mean that is also called arithmetic average. Arithmetic mean is a mathematical representation of the typical value of a series of numbers, computed as the sum of all the numbers in the series divided by the count of all numbers in the series. Arithmetic mean is the balance point if the numbers are considered as weights on a beam.

Median When the numbers are arranged from least to greatest, the middle number of a set of numbers, or the mean of two middle numbers when the set has two middle numbers is called median. Half of the numbers are above the median and half are below it.

Mode The most frequent value(s) of a set of data. A data set may have more than one mode if two or more data values appear the most. When no data value occurs more than once in a data set, there is no mode.

balance A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.

motor skill Activity that involves motion, representing a movement pattern that has been learned.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

**GENERAL INFORMATION**

**Course Number:** 1501120

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Comprehensive Physical Education 3

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Comprehensive Physical Education 3

**Course Length:** Year

**Course Status:** State Board Approved

**RELATED BENCHMARKS (52) :**

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.8.S.3.2	Determine and describe how changes in data values impact measures of central tendency.	Moderate
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved through the application of training principles.	
PE.6.C.1.8	Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.	
PE.6.C.1.10	Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.	

- PE.6.C.1.12 Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.
- PE.6.C.1.13 Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.
- PE.6.C.1.14 List terminology and etiquette in educational gymnastics or dance.
- PE.6.C.1.15 Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.
- PE.6.C.1.16 Describe the mechanical principles of balance, force, and leverage and how they relate to the performance of skills in gymnastics or dance.
- PE.6.C.1.17 List and describe the risks and safety procedures in gymnastics and dance.
- PE.6.C.1.18 Recognize the relationship between music and dance or gymnastics skills.
- PE.6.C.1.19 Know how improvisation is used to create movements for choreography.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.C.1.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
- PE.6.C.1.22 Evaluate the movement performance of others.
- PE.6.M.1.3 Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.
- PE.6.M.1.5 Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
- PE.6.M.1.8 Perform complex dance sequences from a variety of dances

accurately and with correct technique.

- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.M.1.5 Perform aquatics activities to improve or maintain health-related fitness.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.5 Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.8.L.1.2 Participate in a variety of individual/dual and alternative/extreme sport activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.1.3 Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme

sports.

- PE.8.L.1.4 Participate in a variety of individual/dual and alternative/extreme sport activities that promote effective stress management.
- PE.8.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.8.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.8.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.8.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.8.L.2.5 Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.2.6 Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.M.1.1 Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.6 Demonstrate offensive, defensive, and transition strategies and tactics.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.

- PE.8.M.1.9 Select and utilize appropriate safety equipment.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

### **CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (7)**

- Central tendency A measure used to describe data (e.g., mean, mode, median).
- Mean There are several statistical quantities called means, e.g., harmonic mean, arithmetic mean, and geometric mean. However, “mean” commonly refers to the arithmetic mean that is also called arithmetic average. Arithmetic mean is a



mathematical representation of the typical value of a series of numbers, computed as the sum of all the numbers in the series divided by the count of all numbers in the series. Arithmetic mean is the balance point if the numbers are considered as weights on a beam.

Median

When the numbers are arranged from least to greatest, the middle number of a set of numbers, or the mean of two middle numbers when the set has two middle numbers is called median. Half of the numbers are above the median and half are below it.

Mode

The most frequent value(s) of a set of data. A data set may have more than one mode if two or more data values appear the most. When no data value occurs more than once in a data set, there is no mode.

balance

A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.

motor skill

Activity that involves motion, representing a movement pattern that has been learned.

physical activity

Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## GENERAL INFORMATION

**Course Number:** 1501110

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Comprehensive Physical Education 2

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Comprehensive Physical Education 2

**Course Length:** Year

**Course Status:** State Board Approved

## RELATED BENCHMARKS (51) :

Scheme	Descriptor	Cognitive Complexity
LA.7.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	
PE.6.C.1.6	Describe the training principles of overload, progression, and specificity.	
PE.6.C.1.7	Classify activities as aerobic or anaerobic.	
PE.6.C.1.11	List methods of monitoring intensity level during aerobic activity.	

- PE.6.C.1.14 List terminology and etiquette in educational gymnastics or dance.
- PE.6.C.1.15 Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.
- PE.6.C.1.17 List and describe the risks and safety procedures in gymnastics and dance.
- PE.6.C.1.18 Recognize the relationship between music and dance or gymnastics skills.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.C.1.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
- PE.6.M.1.2 Perform at least three different activities that achieve target heart rate.
- PE.6.M.1.4 Perform at least three activities having value for cardiorespiratory fitness.
- PE.6.M.1.7 Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.
- PE.6.M.1.10 Design and perform different group dance and rhythm sequences that incorporate equipment.
- PE.7.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical

activity can be transferred and used in other physical activities.

- PE.7.C.1.7 Identify and explain different types of safety equipment and practices relating to water activities.
- PE.7.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.7.L.1.2 Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.7.L.1.3 Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
- PE.7.L.1.4 Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management.
- PE.7.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.7.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.7.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.7.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.7.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.

- PE.7.M.1.4 Demonstrate introductory outdoor pursuits skills.
- PE.7.M.1.6 Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.8 Apply technology to evaluate, monitor, and improve individual skill performance.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other

cultures.

- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.5 Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.M.1.2 Demonstrate critical elements when striking with an object or implement.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.

### **CERTIFICATIONS OPTIONS (3)**

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (6)**

Event A set of possible outcomes.

Outcome A possible result of an experiment.

Probability A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.

Fraction	A rational number expressed in the form $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

**GENERAL INFORMATION**

**Course Number:** 1501100

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Comprehensive Physical Education 1

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Comprehensive Physical Education 1

**Course Length:** Year

**Course Status:** State Board Approved

**RELATED BENCHMARKS (46) :**

Scheme	Descriptor	Cognitive Complexity
LA.7.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.C.1.9	List the components of skill-related fitness.	
PE.6.C.1.14	List terminology and etiquette in educational gymnastics or dance.	



- PE.6.C.1.15 Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.
- PE.6.C.1.17 List and describe the risks and safety procedures in gymnastics and dance.
- PE.6.C.1.18 Recognize the relationship between music and dance or gymnastics skills.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.6.L.1.2 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the components of health-related fitness.
- PE.6.L.1.3 Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.
- PE.6.L.1.4 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the management of stress.
- PE.6.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.6.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.6.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.6.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.6.L.2.5 Recognize health-related problems associated with

inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.

PE.6.M.1.1 Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.

PE.6.M.1.6 Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transfer of weight.

PE.6.M.1.9 Create and perform a rhythmic movement sequence while working with a partner or group.

PE.6.M.1.11 Apply proper warm-up and cool-down techniques.

PE.6.M.1.12 Use proper safety practices.

PE.6.M.1.13 Use technology to assess, enhance, and maintain motor skill performance.

PE.6.R.1.1 Recognize that peer pressure can be positive and negative.

PE.6.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.

PE.6.R.1.3 Demonstrate responsible behaviors during physical activities.

PE.6.R.1.4 Recognize the personal, social, and ethical behaviors that apply to specific physical activities.

PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.

- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.6.R.2.3 Study games, sports, and/or physical activities from other cultures.
- PE.7.C.1.1 Demonstrate an understanding of the basic rules for team sports.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.
- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.5 Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.

PE.8.M.1.5 Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.

### **CERTIFICATIONS OPTIONS (3)**

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (8)**

Event A set of possible outcomes.

Outcome A possible result of an experiment.

Probability A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.

Fraction A rational number expressed in the form  $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.

balance A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.

manipulative A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).

motor skill Activity that involves motion, representing a movement pattern that has been learned.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

**GENERAL INFORMATION**

**Course Number:** 1501050

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Strategies

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Strategies

**Course Length:** Year

**Course Status:** State Board Approved

**RELATED BENCHMARKS (37) :**

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.8.S.3.2	Determine and describe how changes in data values impact measures of central tendency.	Moderate
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.6.M.1.12	Use proper safety practices.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.2.3	Study games, sports, and/or physical activities from other cultures.	
PE.7.C.1.1	Demonstrate an understanding of the basic rules for team sports.	
PE.7.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.	

- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.
- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.6 Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.8 Apply technology to evaluate, monitor, and improve individual skill performance.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other

cultures.

- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.5 Explain basic offensive and defensive strategies in individual/dual and alternative/extreme sports activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.5 Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.
- PE.8.M.1.6 Demonstrate offensive, defensive, and transition strategies and tactics.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.
- PE.8.M.1.9 Select and utilize appropriate safety equipment.

- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

**CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

**RELATED GLOSSARY TERM DEFINITIONS (8)**

Central tendency	A measure used to describe data (e.g., mean, mode, median).
Mean	There are several statistical quantities called means, e.g., harmonic mean, arithmetic mean, and geometric mean. However, “mean” commonly refers to the arithmetic mean that is also called arithmetic average. Arithmetic mean is a mathematical representation of the typical value of a series of numbers, computed as the sum of all the numbers in the series divided by the count of all numbers in the series. Arithmetic mean is the balance point if the numbers are considered as weights on a beam.
Median	When the numbers are arranged from least to greatest, the middle number of a set of numbers, or the mean of two middle numbers when the set has two middle numbers is called median. Half of the numbers are above the median and half are below it.
Mode	The most frequent value(s) of a set of data. A data set may have more than one mode if two or more data values appear the most. When no data value occurs more than once in a data set, there is no mode.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
manipulative	A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.



## GENERAL INFORMATION

**Course Number:** 1501040  
**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:**  
Physical Education » **SubSubject:** General »  
**Course Title:** M/J Striking with Objects  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** M/J Striking with Objects  
**Course Length:** Year  
**Course Status:** State Board Approved

## RELATED BENCHMARKS (28) :

Scheme	Descriptor	Cognitive Complexity
LA.6.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.6.A.1.3	Solve real-world problems involving multiplication and division of fractions and decimals.	High
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.21	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	

- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.
- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical

activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.

- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other cultures.
- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.M.1.2 Demonstrate critical elements when striking with an object or implement.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.

### **CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (5)**

- Real-world problem A problem that is an application of a mathematical concept in a real-life situation.
- Fraction A rational number expressed in the form  $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
- manipulative A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
- motor skill Activity that involves motion, representing a movement pattern that has been learned.
- physical Any fitness, sports, or recreational activity involving

activity

movement of the body that is produced through muscle contraction that increases energy expenditure.

## GENERAL INFORMATION

**Course Number:** 1501035  
**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:**  
Physical Education » **SubSubject:** General »  
**Course Title:** M/J Striking with Body & Career Planning  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** M/J Striking with Body & Career Planning  
**Course Length:** Semester  
**Course Status:** State Board Approved  
**General Notes:** **Career and Education Planning** - The career and education planning course required by Section 1003.4156

## RELATED BENCHMARKS (25) :

Scheme	Descriptor	Cognitive Complexity
LA.6.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.6.A.1.3	Solve real-world problems involving multiplication and division of fractions and decimals.	High
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.7.C.1.5	Explain basic offensive and defensive strategies in modified games or activities and team sports.	
PE.7.C.1.6	Describe how movement skills learned in one physical	

activity can be transferred and used in other physical activities.

- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.
- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.

- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other cultures.
- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.

### **CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (5)**

- Real-world problem A problem that is an application of a mathematical concept in a real-life situation.
- Fraction A rational number expressed in the form  $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
- manipulative A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
- motor skill Activity that involves motion, representing a movement pattern that has been learned.
- physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## GENERAL INFORMATION

**Course Number:** 1501030  
**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:**  
Physical Education » **SubSubject:** General »  
**Course Title:** M/J Striking with the Body  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** M/J Striking with the Body  
**Course Length:** Year  
**Course Status:** State Board Approved

## RELATED BENCHMARKS (25) :

Scheme	Descriptor	Cognitive Complexity
LA.6.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.6.A.1.3	Solve real-world problems involving multiplication and division of fractions and decimals.	High
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.	
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.	
PE.6.M.1.11	Apply proper warm-up and cool-down techniques.	
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.	
PE.7.C.1.5	Explain basic offensive and defensive strategies in modified games or activities and team sports.	
PE.7.C.1.6	Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.	



- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.
- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.

- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other cultures.
- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.

### **CERTIFICATIONS OPTIONS (3)**

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (5)**

- Real-world problem A problem that is an application of a mathematical concept in a real-life situation.
- Fraction A rational number expressed in the form  $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
- manipulative A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
- motor skill Activity that involves motion, representing a movement pattern that has been learned.
- physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## GENERAL INFORMATION

**Course Number:** 1501025

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Throwing & Catching & Career Planning

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Throwing & Catching & Career Planning

**Course Length:** Semester

**Course Status:** State Board Approved

**General Notes:** **Career and Education Planning** - The career and education planning course required by Section 1003.4156

## RELATED BENCHMARKS (55) :

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.R.1.1	Recognize that peer pressure can be positive and negative.	
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that	

apply to specific physical activities.

- PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.6.R.2.3 Study games, sports, and/or physical activities from other cultures.
- PE.7.C.1.1 Demonstrate an understanding of the basic rules for team sports.
- PE.7.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.L.1.3 Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of

manipulative skills.

- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.6 Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.8 Apply technology to evaluate, monitor, and improve individual skill performance.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.

- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other cultures.
- PE.8.C.1.1 Identify basic rules for individual/dual sports.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.M.1.1 Demonstrate competency in motor skills for a variety of individual/dual and extreme/alternative sports.
- PE.8.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.5 Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.
- PE.8.M.1.6 Demonstrate offensive, defensive, and transition strategies and tactics.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.

- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.
- PE.8.M.1.9 Select and utilize appropriate safety equipment.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

### **CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (8)**

Event A set of possible outcomes.

Outcome	A possible result of an experiment.
Probability	A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.
Fraction	A rational number expressed in the form $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
manipulative	A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.



**GENERAL INFORMATION**

**Course Number:** 1501020

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Throwing and Catching

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Throwing and Catching

**Course Length:** Year

**Course Status:** State Board Approved

**RELATED BENCHMARKS (53) :**

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.	
PE.6.C.1.22	Evaluate the movement performance of others.	
PE.6.R.1.1	Recognize that peer pressure can be positive and negative.	
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.	
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.	
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical activities.	

- PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.6.R.2.3 Study games, sports, and/or physical activities from other cultures.
- PE.7.C.1.1 Demonstrate an understanding of the basic rules for team sports.
- PE.7.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.5 Explain basic offensive and defensive strategies in modified games or activities and team sports.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.L.1.3 Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
- PE.7.M.1.1 Participate in modified versions of team sports demonstrating mature patterns while using a variety of manipulative skills.

- PE.7.M.1.2 Use basic offensive and defensive strategies while playing modified versions of a variety of sports and activities.
- PE.7.M.1.3 Demonstrate appropriate relationships between the body and an opponent in dynamic game situations.
- PE.7.M.1.6 Demonstrate the critical elements in specialized skills related to a variety of sports or outdoor pursuits activities.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.8 Apply technology to evaluate, monitor, and improve individual skill performance.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of

physical activities.

- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other cultures.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.5 Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.
- PE.8.M.1.6 Demonstrate offensive, defensive, and transition strategies and tactics.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.
- PE.8.M.1.9 Select and utilize appropriate safety equipment.
- PE.8.R.1.1 Act independently of peer pressure both in and out of

school.

- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

### **CERTIFICATIONS OPTIONS (3)**

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (8)**

Event A set of possible outcomes.

Outcome A possible result of an experiment.

Probability A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability

of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.

Fraction	A rational number expressed in the form $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
manipulative	A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## **GENERAL INFORMATION**

**Course Number:** 1501010

**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:**  
Physical Education » **SubSubject:** General »

**Course Title:** M/J Body Management

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Body Management

**Course Length:** Year

**Course Status:** State Board Approved

## **RELATED BENCHMARKS (55) :**

Scheme	Descriptor	Cognitive Complexity
LA.7.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.13	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.	
PE.6.C.1.16	Describe the mechanical principles of balance, force, and leverage and how they relate to the performance of skills in gymnastics or dance.	
PE.6.C.1.17	List and describe the risks and safety procedures in gymnastics and dance.	
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the	

reasons for using them.

- PE.6.C.1.22 Evaluate the movement performance of others.
- PE.6.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
- PE.6.M.1.6 Design and perform smooth, flowing sequences of stunts, tumbling, and rhythmic patterns that combine traveling, rolling, balancing, and transfer of weight.
- PE.6.M.1.7 Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.
- PE.6.M.1.9 Create and perform a rhythmic movement sequence while working with a partner or group.
- PE.6.M.1.10 Design and perform different group dance and rhythm sequences that incorporate equipment.
- PE.6.M.1.12 Use proper safety practices.
- PE.6.M.1.13 Use technology to assess, enhance, and maintain motor skill performance.
- PE.6.R.1.1 Recognize that peer pressure can be positive and negative.
- PE.6.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.6.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.6.R.1.4 Recognize the personal, social, and ethical behaviors that apply to specific physical activities.
- PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating



in a variety of physical activities.

- PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.7.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.7.C.1.3 Identify the critical elements for successful performance of a variety of sport skills.
- PE.7.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.7.C.1.6 Describe how movement skills learned in one physical activity can be transferred and used in other physical activities.
- PE.7.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- PE.7.M.1.8 Apply technology to evaluate, monitor, and improve individual skill performance.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse

backgrounds and abilities in physical activity settings.

- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.8.C.1.2 Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.C.1.6 Describe how movement skills and strategies learned in one physical activity can be transferred and used in other physical activities.
- PE.8.L.2.5 Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.2.6 Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.

- PE.8.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.
- PE.8.M.1.5 Demonstrate appropriate speed and generation of force when running sprints or distance, throwing, jumping, striking, or kicking.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
- PE.8.M.1.8 Apply technology to evaluate, monitor, and improve individual motor skills.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.

### CERTIFICATIONS OPTIONS (3)

Option1: PHYSICAL EDUCATION (GRADES 6 - 12)

Option2: PHYSICAL EDUCATION (GRADES K - 12)

Option3: PHYSICAL EDUCATION (GRADES K - 8)

### RELATED GLOSSARY TERM DEFINITIONS (7)

Event A set of possible outcomes.

Outcome A possible result of an experiment.

Probability A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.

Fraction A rational number expressed in the form  $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.

balance A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.

motor skill Activity that involves motion, representing a movement pattern that has been learned.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

**GENERAL INFORMATION**

**Course Number:** 1501002

**Section:** Grades PreK to 12 Education Courses » **Grade**

**Course Path: Group:** Grades 6 to 8 Education Courses » **Subject:** Physical Education » **SubSubject:** General »

**Course Title:** M/J Physical Fitness & Career Planning

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Physical Fitness & Career Planning

**Course Length:** Year

**Course Status:** State Board Approved

**General Notes:** **Career and Education Planning** - The career and education planning course required by Section 1003.4156

**RELATED BENCHMARKS (76) :**

Scheme	Descriptor	Cognitive Complexity
LA.7.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.P.7.1	Determine the outcome of an experiment and predict which events are likely or unlikely, and if the experiment is fair or unfair.	Moderate
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved	

through the application of training principles.

- PE.6.C.1.5 Describe the long-term benefits of regular physical activity.
- PE.6.C.1.6 Describe the training principles of overload, progression, and specificity.
- PE.6.C.1.7 Classify activities as aerobic or anaerobic.
- PE.6.C.1.8 Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.
- PE.6.C.1.9 List the components of skill-related fitness.
- PE.6.C.1.10 Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.
- PE.6.C.1.11 List methods of monitoring intensity level during aerobic activity.
- PE.6.C.1.12 Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.
- PE.6.C.1.13 Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.C.1.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
- PE.6.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.6.L.1.2 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the components of health-related fitness.

- PE.6.L.1.3 Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.
- PE.6.L.1.4 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the management of stress.
- PE.6.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.6.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.6.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.6.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.6.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
- PE.6.M.1.1 Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.
- PE.6.M.1.2 Perform at least three different activities that achieve target heart rate.
- PE.6.M.1.3 Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.
- PE.6.M.1.4 Perform at least three activities having value for cardiorespiratory fitness.
- PE.6.M.1.5 Perform movements using a variety of equipment which lead

to improved or maintained muscular strength and endurance.

- PE.6.M.1.11 Apply proper warm-up and cool-down techniques.
- PE.6.M.1.12 Use proper safety practices.
- PE.6.R.1.1 Recognize that peer pressure can be positive and negative.
- PE.6.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.6.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.6.R.1.4 Recognize the personal, social, and ethical behaviors that apply to specific physical activities.
- PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.7.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.7.L.1.3 Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
- PE.7.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.7.L.2.2 Demonstrate program planning skills by setting goals and



- devising strategies for a personal physical fitness program.
- PE.7.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.7.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.7.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.7.M.1.9 Demonstrate principles of biomechanics necessary for safe and successful performance.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.7.R.2.3 Discuss games, sports, and/or physical activities from other

cultures.

- PE.8.C.1.3 Identify the critical elements for successful performance in a variety of sport skills or physical activities.
- PE.8.C.1.4 List specific safety procedures and equipment necessary for a variety of sports and physical activities.
- PE.8.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.8.L.1.3 Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.
- PE.8.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.8.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.8.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.8.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.8.L.2.5 Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.2.6 Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.M.1.4 Apply principles of biomechanics necessary for safe and successful performance.

- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.
- PE.8.R.2.3 Compare and contrast games, sports, and/or physical activities from other cultures.

**CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option2: PHYSICAL EDUCATION (GRADES K - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

**RELATED GLOSSARY TERM DEFINITIONS (6)**

- Event A set of possible outcomes.
- Outcome A possible result of an experiment.
- Probability A measure of the likelihood that a given event will occur; expressed as a ratio of one event occurring (favorable

outcomes) to the number of equally likely possible outcomes (sample space). Probability is expressed on a linear scale from 0 (impossibility) to 1 (certainty), also expressed as a percentage between 0 and 100%. Experimental probability of an event A is the ratio of the number of times the event A occurs to the total number of trials or times the activity is performed. Theoretical probability of an event A is the ratio of the number of outcomes in event A to the number of outcomes in the sample space.

Fraction	A rational number expressed in the form $\frac{a}{b}$ , where a is called the numerator and b is called the denominator. A fraction may mean part of a whole, ratio of two quantities, or may imply division.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

**GENERAL INFORMATION**

**Course Number:** 1501000

**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 6 to 8 Education Courses » **Subject:**  
Physical Education » **SubSubject:** General »

**Course Title:** M/J Physical Fitness

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** M/J Physical Fitness

**Course Length:** Year

**Course Status:** State Board Approved

**RELATED BENCHMARKS (70) :**

Scheme	Descriptor	Cognitive Complexity
LA.6.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.8.S.3.2	Determine and describe how changes in data values impact measures of central tendency.	Moderate
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.2	List safety procedures that should be followed when engaging in activities to improve cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.	
PE.6.C.1.3	List the three different types of heat illnesses associated with fluid loss.	
PE.6.C.1.4	Describe how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition) are improved through the application of training principles.	

- PE.6.C.1.5 Describe the long-term benefits of regular physical activity.
- PE.6.C.1.6 Describe the training principles of overload, progression, and specificity.
- PE.6.C.1.7 Classify activities as aerobic or anaerobic.
- PE.6.C.1.8 Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.
- PE.6.C.1.9 List the components of skill-related fitness.
- PE.6.C.1.10 Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.
- PE.6.C.1.11 List methods of monitoring intensity level during aerobic activity.
- PE.6.C.1.12 Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.
- PE.6.C.1.13 Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.
- PE.6.C.1.20 List appropriate warm-up and cool-down techniques and the reasons for using them.
- PE.6.C.1.21 Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
- PE.6.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.6.L.1.2 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the components of health-related fitness.
- PE.6.L.1.3 Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.

- PE.6.L.1.4 Participate in a variety of fitness, wellness, gymnastics, and dance activities that promote the management of stress.
- PE.6.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.6.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.6.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.6.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.6.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
- PE.6.M.1.1 Demonstrate movements designed to improve and maintain cardiorespiratory endurance, muscular strength and endurance, flexibility, and proper body composition.
- PE.6.M.1.2 Perform at least three different activities that achieve target heart rate.
- PE.6.M.1.3 Demonstrate the principles of training (overload, specificity, progression) and conditioning (frequency, intensity, time, and type) for specific physical activities.
- PE.6.M.1.4 Perform at least three activities having value for cardiorespiratory fitness.
- PE.6.M.1.5 Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.

- PE.6.M.1.11 Apply proper warm-up and cool-down techniques.
- PE.6.M.1.12 Use proper safety practices.
- PE.6.R.1.1 Recognize that peer pressure can be positive and negative.
- PE.6.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.6.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.6.R.1.4 Recognize the personal, social, and ethical behaviors that apply to specific physical activities.
- PE.6.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.6.R.2.1 Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.6.R.2.2 Recognize the potential benefits of participation in a variety of physical activities.
- PE.7.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.7.L.1.3 Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
- PE.7.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.7.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.



- PE.7.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.7.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.7.L.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.7.R.1.1 Identify situations in which peer pressure could negatively impact one's own behavior choices.
- PE.7.R.1.2 Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
- PE.7.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.7.R.1.4 Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
- PE.7.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.7.R.2.1 Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.7.R.2.2 Identify the potential benefits of participation in a variety of physical activities.
- PE.8.L.1.1 Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
- PE.8.L.1.3 Identify the in-school and community opportunities for participation in individual/dual and alternative/extreme sports.

- PE.8.L.2.1 Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
- PE.8.L.2.2 Demonstrate program planning skills by setting goals and devising strategies for a personal physical fitness program.
- PE.8.L.2.3 Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
- PE.8.L.2.4 Select a variety of physical activities when developing a personal fitness program.
- PE.8.L.2.5 Describe health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.L.2.6 Discuss training principles appropriate for enhancing cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
- PE.8.M.1.7 Apply skill-related components of balance, reaction time, agility, coordination, power, and speed to enhance performance levels.
- PE.8.R.1.1 Act independently of peer pressure both in and out of school.
- PE.8.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.8.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.8.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.8.R.1.5 Demonstrate appropriate etiquette, care of equipment,

respect for facilities, and safe behaviors while participating in a variety of physical activities.

- PE.8.R.2.1 Discuss opportunities for participation in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
- PE.8.R.2.2 Describe the potential benefits of participation in a variety of physical activities.

### **CERTIFICATIONS OPTIONS (3)**

- Option1: PHYSICAL EDUCATION (GRADES K - 12)
- Option2: PHYSICAL EDUCATION (GRADES 6 - 12)
- Option3: PHYSICAL EDUCATION (GRADES K - 8)

### **RELATED GLOSSARY TERM DEFINITIONS (6)**

- Central tendency A measure used to describe data (e.g., mean, mode, median).
- Mean There are several statistical quantities called means, e.g., harmonic mean, arithmetic mean, and geometric mean. However, “mean” commonly refers to the arithmetic mean that is also called arithmetic average. Arithmetic mean is a mathematical representation of the typical value of a series of numbers, computed as the sum of all the numbers in the series divided by the count of all numbers in the series. Arithmetic mean is the balance point if the numbers are considered as weights on a beam.
- Median When the numbers are arranged from least to greatest, the middle number of a set of numbers, or the mean of two middle numbers when the set has two middle numbers is called median. Half of the numbers are above the median and half are below it.
- Mode The most frequent value(s) of a set of data. A data set may have more than one mode if two or more data values appear the most. When no data value occurs more than once in a data set, there is no mode.
- balance A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
- physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1500000
<b>Course Title:</b>	M/J Adaptive Physical Education IEP or 504 Plan
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	M/J ADAP PE IEP/504
<b>Course Length:</b>	Year
<b>Course Status:</b>	State Board Approval Pending
<b>Scheme</b>	<b>Descriptor</b>
<b>LACC.6.RI.3</b>	<b>Integration of Knowledge and Ideas</b>
LACC.6.RI.3.7	Integrate information presented in different media or formats (e.g., visually, quantitatively) as well as in words to develop a coherent understanding of a topic or issue.
<b>MACC.6.RP.1</b>	<b>Understand ratio concepts and use ratio reasoning to solve problems</b>
MACC.6.RP.1.1	Understand the concept of a ratio and use ratio language to describe a ratio relationship between two quantities. For example, “The ratio of wings to beaks in the bird house at the zoo was 2:1, because for every 2 wings there was 1 beak.” “For every vote candidate A received, candidate C received nearly three votes.”
PE.6.C.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.
PE.6.C.1.5	Describe the long-term benefits of regular physical activity.
PE.6.C.1.6	Describe the training principles of overload, progression, and specificity.
PE.6.C.1.7	Classify activities as aerobic or anaerobic.
PE.6.C.1.8	Prepare a log noting the food intake, calories consumed, and energy expended through physical activity and describe results.
PE.6.C.1.10	Determine personal target heart rate zone and explain how to adjust intensity level to stay within the desired range.
PE.6.C.1.11	List methods of monitoring intensity level during aerobic activity.
PE.6.C.1.12	Explain the effects of physical activity on heart rate during exercise, recovery phase, and while the body is at rest.
PE.6.C.1.13	Recognize the difference between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.6.C.1.14	List terminology and etiquette in educational gymnastics or dance.
PE.6.C.1.17	List and describe the risks and safety procedures in gymnastics and dance.
PE.6.C.1.18	Recognize the relationship between music and dance or gymnastics skills.
PE.6.C.1.20	List appropriate warm-up and cool-down techniques and the reasons for using them.
PE.6.C.1.21	Identify the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.6.C.1.22	Evaluate the movement performance of others.
PE.6.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.6.L.1.2	Participate in a variety of fitness, wellness, gymnastics, and dance activities

	that promote the components of health-related fitness.
PE.6.L.1.3	Identify the in-school and community opportunities that promote fitness, wellness, gymnastics, and dance.
PE.6.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by creating, implementing, and assessing a personal fitness program in collaboration with a teacher.
PE.6.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.6.L.2.4	Select a variety of physical activities when developing a personal fitness program.
PE.6.L.2.5	Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
PE.6.M.1.5	Perform movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.6.M.1.7	Design and perform a routine to rhythm with a partner or a group while incorporating gymnastic actions and various forms of locomotion on small and/or large apparatus.
PE.6.M.1.9	Create and perform a rhythmic movement sequence while working with a partner or group.
PE.6.R.1.1	Recognize that peer pressure can be positive and negative.
PE.6.R.1.2	Demonstrate acceptance and respect for persons of diverse backgrounds and abilities in physical activity settings.
PE.6.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.6.R.1.4	Recognize the personal, social, and ethical behaviors that apply to specific physical activities.
PE.6.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.6.R.2.1	Identify an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.6.R.2.2	Recognize the potential benefits of participation in a variety of physical activities.
PE.6.R.2.3	Study games, sports, and/or physical activities from other cultures.
PE.7.C.1.1	Demonstrate an understanding of the basic rules for team sports.
PE.7.C.1.2	Provide feedback on skill patterns of self and partner by detecting and correcting mechanical errors.
PE.7.C.1.3	Identify the critical elements for successful performance of a variety of sport skills.
PE.7.C.1.4	List specific safety procedures and equipment necessary for a variety of sports and physical activities.
PE.7.L.1.1	Participate in moderate to vigorous physical activity (MVPA) on a daily basis.
PE.7.L.1.2	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote cardiorespiratory endurance, muscular strength and

	endurance, flexibility, and body composition.
PE.7.L.1.3	Identify the in-school and community opportunities for participation in team sports, outdoor pursuits, and aquatics.
PE.7.L.1.4	Participate in a variety of team sports, outdoor pursuits, and aquatics activities that promote effective stress management.
PE.7.M.1.7	Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
PE.7.M.1.8	Apply technology to evaluate, monitor, and improve individual skill performance.
PE.7.R.1.1	Identify situations in which peer pressure could negatively impact one's own behavior choices.
PE.7.R.1.4	Give examples of appropriate personal, social, and ethical behaviors that apply to specific physical activities.
PE.7.R.2.1	Select an opportunity for participation in a physical activity outside of the school setting that contributes to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.7.R.2.2	Identify the potential benefits of participation in a variety of physical activities.
PE.7.R.2.3	Discuss games, sports, and/or physical activities from other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	3026010
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Combined Courses</a> »
<b>Course Title:</b>	HOPE (Health Opportunities through Physical Education)-Core
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	HOPE
<b>Number of Credits:</b>	One credit (1)
<b>Course Length:</b>	Year
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	<p>The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will realize the full benefit of this course when it is taught with an integrated approach.</p> <p>In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to:</p> <ul style="list-style-type: none"> <li>Mental/Social Health</li> <li>Physical Activity</li> <li>Components of Physical Fitness</li> <li>Nutrition and Wellness Planning</li> <li>Diseases and Disorders</li> <li>Health Advocacy</li> <li>First Aid/CPR</li> <li>Alcohol, Tobacco, and Drug Prevention</li> <li>Human Sexuality including Abstinence and HIV</li> <li>Internet Safety</li> </ul>
<b><u>RELATED BENCHMARKS:</u></b>	
<b>Scheme</b>	<b>Descriptor</b>
<b>LACC.910.RL.2</b>	<b>Craft and Structure</b>
LACC.910.RL.2.4	Determine the meaning of words and phrases as they are used in the text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language evokes a sense of time and place; how it sets a formal or informal tone).
<b>LACC.910.WHST.2</b>	<b>Production and Distribution of Writing</b>
LACC.910.WHST.2.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.

<b>LACC.910.W.3</b>	<b>Research to Build and Present Knowledge</b>
LACC.910.W.3.8	Gather relevant information from multiple authoritative print and digital sources, using advanced searches effectively; assess the usefulness of each source in answering the research question; integrate information into the text selectively to maintain the flow of ideas, avoiding plagiarism and following a standard format for citation.
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.6	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
HE.912.B.2.2	Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
HE.912.B.2.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
HE.912.B.2.4	Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.
HE.912.B.3.1	Determine the value of applying a thoughtful decision-making process in health-related situations.
HE.912.B.3.2	Examine barriers that can hinder healthy decision-making.
HE.912.B.3.3	Assess whether individual or collaborative decision-making is needed to make a healthy decision.
HE.912.B.3.4	Generate alternatives to health-related issues or problems.
HE.912.B.3.5	Appraise the potential short-term and long-term outcomes of each alternative on self and others.
HE.912.B.3.6	Employ the healthiest choice when considering all factors in making a decision.
HE.912.B.4.1	Evaluate personal health practices and overall health status to include all dimensions of health.
HE.912.B.4.2	Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.
HE.912.B.4.3	Implement strategies and monitor progress in achieving a personal health goal.
HE.912.B.4.4	Formulate an effective long-term personal health plan.



HE.912.C.1.1	Predict how healthy behaviors can affect health status.
HE.912.C.1.2	Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.
HE.912.C.1.4	Analyze how heredity and family history can impact personal health.
HE.912.C.1.5	Propose strategies to reduce or prevent injuries and health problems.
HE.912.C.1.7	Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.
HE.912.C.1.8	Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.
HE.912.C.2.1	Analyze how the family influences the health of individuals.
HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors.
HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors.
HE.912.C.2.4	Evaluate how public health policies and government regulations can influence health promotion and disease prevention.
HE.912.C.2.5	Evaluate the effect of media on personal and family health.
HE.912.C.2.6	Evaluate the impact of technology on personal, family, and community health.
HE.912.C.2.7	Assess the consequences of health risk behaviors.
HE.912.C.2.8	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
HE.912.C.2.9	Analyze how culture supports and challenges health beliefs, practices, and behaviors.
HE.912.P.1.1	Analyze the role of individual responsibility in enhancing health.
HE.912.P.1.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.
HE.912.P.1.3	Critique a variety of behaviors that avoid or reduce health risks.
HE.912.P.2.2	Demonstrate how to influence and support others in making positive health choices.
HE.912.P.2.3	Work cooperatively as an advocate for improving personal, family and community health.
PE.912.C.1.6	Compare and contrast the health-related benefits of various physical activities.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.8	Differentiate between the three different types of heat illnesses associated with fluid loss.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.11	Explain how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition) are improved through the application of training principles.
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.

PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.
PE.912.C.1.14	Compare and contrast the skill-related components of fitness (speed, coordination, balance, power, agility, reaction time) used in various physical activities.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.

PE.912.L.2.5	Assess and evaluate the use of a variety of physical activities in developing a personal fitness program.
PE.912.L.2.6	Analyze health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.17	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1506320
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Combined Courses</a> »
<b>Course Title:</b>	HOPE (Health Opportunities through Physical Education)-Physical Education Variation
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	HOPE- PE V
<b>Number of Credits:</b>	One Credit (1)
<b>Course Level:</b>	2
<b>Course Length:</b>	Year
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	<p>The purpose of this course is to develop and enhance healthy behaviors that influence lifestyle choices and student health and fitness. Students will combine the learning of principles and background information in a classroom setting with physical application of the knowledge. A majority of class time should be spent in physical activity.</p> <p>In addition to the physical education content represented in the benchmarks below, specific health education topics within this course include, but are not limited to:</p> <p>Mental/Social Health  Physical Activity  Components of Physical Fitness  Nutrition and Wellness Planning  Diseases and Disorders  Health Advocacy</p>
<b><u>RELATED BENCHMARKS:</u></b>	
<b>Scheme</b>	<b>Descriptor</b>
<b>LACC.910.RL.2</b>	<b>Craft and Structure</b>
LACC.910.RL.2.4	Determine the meaning of words and phrases as they are used in the text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language evokes a sense of time and place; how it sets a formal or informal tone).
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.6	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college

	and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
HE.912.C.1.2	Interpret the interrelationships of mental/emotional, intellectual, physical, and social health.
HE.912.C.1.4	Analyze how heredity and family history can impact personal health.
HE.912.C.1.5	Propose strategies to reduce or prevent injuries and health problems.
HE.912.C.1.7	Assess the degree of susceptibility to injury, illness or death if engaging in unhealthy/risky behaviors.
HE.912.C.1.8	Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.
HE.912.C.2.1	Analyze how the family influences the health of individuals.
HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors.
HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors.
HE.912.C.2.4	Evaluate how public health policies and government regulations can influence health promotion and disease prevention.
HE.912.C.2.5	Evaluate the effect of media on personal and family health.
HE.912.C.2.6	Evaluate the impact of technology on personal, family, and community health.
HE.912.C.2.7	Assess the consequences of health risk behaviors.
HE.912.C.2.8	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
HE.912.C.2.9	Analyze how culture supports and challenges health beliefs, practices, and behaviors.
HE.912.P.1.1	Analyze the role of individual responsibility in enhancing health.
HE.912.P.1.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve health.
HE.912.P.1.3	Critique a variety of behaviors that avoid or reduce health risks.
HE.912.P.2.2	Demonstrate how to influence and support others in making positive health choices.
HE.912.P.2.3	Work cooperatively as an advocate for improving personal, family and community health.
PE.912.C.1.6	Compare and contrast the health-related benefits of various physical activities.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.8	Differentiate between the three different types of heat illnesses associated with fluid loss.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.11	Explain how each of the health-related fitness components (cardiorespiratory

	endurance, muscular strength, muscular endurance, flexibility, body composition) are improved through the application of training principles.
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.
PE.912.C.1.14	Compare and contrast the skill-related components of fitness (speed, coordination, balance, power, agility, reaction time) used in various physical activities.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.L.2.5	Assess and evaluate the use of a variety of physical activities in developing a personal fitness program.

PE.912.L.2.6	Analyze health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505560
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Wrestling 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WRESTLING 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-REI.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-REI.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.



PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505550
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Wrestling 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WRESTLING 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

PE.912.R.2.3

Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505520
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Volleyball 3
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	VOLLEYBALL 3
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.

PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505510
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Volleyball 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	VOLLEYBALL 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.

PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505500
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Volleyball 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	VOLLEYBALL 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.



PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505440
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Racquetball 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	RACQUETBALL 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.

PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1505430
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Racquetball 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	RACQUETBALL 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.

PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504520
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Tennis 3
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TENNIS 3
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.

PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504510
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Tennis 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TENNIS 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and



	tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504500
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Tennis 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TENNIS 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.

PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504490
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Water Safety
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WATER SAFETY
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.8	Differentiate between the three different types of heat illnesses associated with fluid loss.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.1	Demonstrate critical elements of basic skills relating to aquatics.
PE.912.M.1.2	Demonstrate proficiency in combination of motor skills related to aquatics.
PE.912.M.1.3	Perform a basic water rescue, with or without equipment, without entering the water.

PE.912.M.1.4	Perform refinement of one or more swim strokes to enhance efficiency, power, and cardiorespiratory endurance in a variety of aquatics settings.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.17	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.1	Act independently of peer pressure both in and out of school.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504470
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses » Grade Group: Grades 9 to 12 and Adult Education Courses » Subject: Physical Education » SubSubject: Individual and Dual »
<b>Course Title:</b>	Swimming 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SWIMMING 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
<b>RELATED BENCHMARKS:</b>	
Scheme	Descriptor
<b>LACC.910.SL.1.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.1	Identify and describe the critical elements of a basic water rescue.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.1	Demonstrate critical elements of basic skills relating to aquatics.
PE.912.M.1.2	Demonstrate proficiency in combination of motor skills related to aquatics.

PE.912.M.1.3	Perform a basic water rescue, with or without equipment, without entering the water.
PE.912.M.1.4	Perform refinement of one or more swim strokes to enhance efficiency, power, and cardiorespiratory endurance in a variety of aquatics settings.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504460
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Swimming 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SWIMMING 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.1	Demonstrate critical elements of basic skills relating to aquatics.
PE.912.M.1.2	Demonstrate proficiency in combination of motor skills related to aquatics.
PE.912.M.1.3	Perform a basic water rescue, with or without equipment, without entering the water.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures



	necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504410
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Golf 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	GOLF 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific

	course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1504400
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Golf 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	GOLF 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.

PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503420
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Aerobics 3
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	AEROBICS 3
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-REI.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-REI.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.19	Choreograph complex sequences alone, with a partner, or in a small group.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in

	a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.6	Select appropriate music for dance forms and choreograph dance movements to music.
PE.912.M.1.7	Perform advanced dance sequences from a variety of dances accurately and with correct technique.
PE.912.M.1.8	Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.
PE.912.M.1.9	Demonstrate complex skills and advanced rhythmic movements in dance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503410
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Aerobics 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	AEROBICS 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
<b>LACC.910.SL.1.1</b>	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-REI.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-REI.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.19	Choreograph complex sequences alone, with a partner, or in a small group.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.



PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.6	Select appropriate music for dance forms and choreograph dance movements to music.
PE.912.M.1.7	Perform advanced dance sequences from a variety of dances accurately and with correct technique.
PE.912.M.1.8	Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.
PE.912.M.1.9	Demonstrate complex skills and advanced rhythmic movements in dance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503400
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Aerobics 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	AEROBICS 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-REI.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-REI.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.2	Understand and apply terminology and etiquette in dance.
PE.912.C.1.5	Analyze the relationship between music and dance.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths

	and needs.
PE.912.M.1.8	Design and perform a creative movement sequence while working with a small or large group, with or without equipment/props.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503360
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Team Sports 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TEAM SPRTS 2
<b>Course Length:</b>	Semester
<b>Number of Credits:</b>	0.5
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.
<b>RELATED BENCHMARKS:</b>	
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity

	can be transferred and used in other physical activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503350
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Team Sports 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TEAM SPRTS 1
<b>Course Length:</b>	Semester
<b>Number of Credits:</b>	0.5
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement, knowledge of team sports concepts such as offensive and defensive strategies and tactics, and appropriate social behaviors within a team or group setting. The integration of fitness concepts throughout the content is critical to the success of this course.
<b>RELATED BENCHMARKS:</b>	
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-RE.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-RE.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and

	equipment associated with specific course activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503330
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Softball
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SOFTBALL
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.



PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503320
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Soccer
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SOCCER
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.

PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503310
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Team</a> »
<b>Course Title:</b>	Basketball
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	BASKETBALL
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.A-REI.4</b>	<b>Represent and solve equations and inequalities graphically.</b>
MACC.912.A-REI.4.10	Understand the graph of an equation in two variables is the set of all its solutions plotted in the coordinate plane, often forming a curve (which could be a line).
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.

PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1503300
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Track and Field
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	TRACK & FIELD
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down

	techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502500
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »
<b>Course Title:</b>	Sports Officiating
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SPRTS OFFICIATING
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.1	Act independently of peer pressure both in and out of school.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for



	facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502490
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">General</a> »
<b>Course Title:</b>	Care and Prevention of Athletic Injuries
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	CARE/PREV OF ATH INJ
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.
<b>LACC.1112.RST.2</b>	<b>Craft and Structure</b>
LACC.1112.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.
<b>LACC.910.WHST.2</b>	<b>Production and Distribution of Writing</b>
LACC.910.WHST.2.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+) Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.8	Differentiate between the three different types of heat illnesses associated with fluid loss.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.11	Explain how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition) are improved through the application of training principles.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.

PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.6	Analyze health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.17	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

# Course: 1502480

## Outdoor Education

### BASIC INFORMATION

<b>Course Number:</b>	1502480
<b>Course Title:</b>	Outdoor Education
<b>Course Abbreviated Title:</b>	OUTDOOR ED
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades 9 to 12 and Adult Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Number of Credits:</b>	Half credit (.5)
<b>Course Length:</b>	Semester
<b>Course Level:</b>	2
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S.MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S.MD.2.7	(+)Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).*
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.

PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.M.1.11	Demonstrate competency in two or more extreme sports activities.
PE.912.M.1.27	Demonstrate proficiency in a variety of outdoor pursuit activities.
PE.912.M.1.28	Apply strategies and tactics in a variety of outdoor pursuits.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.R.1.1	Act independently of peer pressure both in and out of school.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

# Course: 1502470

## Recreational Activities

### BASIC INFORMATION

<b>Course Number:</b>	1502470
<b>Course Title:</b>	Recreational Activities
<b>Course Abbreviated Title:</b>	REC
<b>Course Path:</b>	<b>Section:</b> Grades PreK to 12 Education Courses» <b>Grade Group:</b> Grades 9 to 12 and Adult Education Courses » <b>Subject:</b> Physical Education » <b>SubSubject:</b> General »
<b>Number of Credits:</b>	Half credit (.5)
<b>Course Length:</b>	Semester
<b>Course Level:</b>	2
<b>Status:</b>	State Board Approval Pending

### RELATED BENCHMARKS:

<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S.MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S.MD.2.7	(+)Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).*
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.

PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.M.1.1	Demonstrate critical elements of basic skills relating to aquatics.
PE.912.M.1.9	Demonstrate complex skills and advanced rhythmic movements in dance.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.28	Apply strategies and tactics in a variety of outdoor pursuits.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.



<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502460
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Self Defense Activities
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	SELF DEFENSE
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.6	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+)Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).*
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.

PE.912.M.1.20	Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner, or in a small group.
PE.912.M.1.29	Demonstrate proficiency in self-defense movement skills.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.R.1.1	Act independently of peer pressure both in and out of school.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502430
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Individual and Dual Sports 3
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	INDIV/DUAL SPRTS 3
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.

PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.20	Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner, or in a small group.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502420
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Individual and Dual Sports 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	INDIV/DUAL SPRTS 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the

	performance of technical movements.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502410
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Individual and Dual Sports 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	INDIV/DUAL SPRTS 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.

PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.



<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502400
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Paddleball/Racquetball/Handball
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	PADB RACQB HANDBALL
<b>Number of Credits:</b>	Half credit (.5)
<b>Course Length:</b>	Semester
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.21	Diagram, explain, and justify the use of advanced offensive, defensive, and transition strategies and tactics.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.

PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.22	Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
PE.912.M.1.23	Demonstrate proficiency of critical elements when striking with an object/implement.
PE.912.M.1.24	Apply a combination of complex movement patterns in a game setting.
PE.912.M.1.25	Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
PE.912.M.1.26	Analyze and apply offensive, defensive, and transition strategies and tactics to reflect a higher order of thinking.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.31	Demonstrate advanced offensive, defensive, and transition strategies and tactics.
PE.912.M.1.32	Apply sport specific skills in a variety of game settings.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

**GENERAL INFORMATION**

**Course Number:** 1502320  
**Course Path:** **Section:** Grades PreK to 12 Education Courses » **Grade Group:** Grades 9 to 12 and Adult Education Courses » **Subject:** Physical Education » **SubSubject:** Individual and Dual »  
**Course Title:** Gymnastics 3  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** Gymnastics 3  
**Course Length:** Semester  
**Course Status:** State Board Approved

**RELATED BENCHMARKS (23) :**

Scheme	Descriptor	Cognitive Complexity
LA.1112.5.2.5	The student will research and organize information and demonstrate effective speaking skills and behaviors for a variety of formal and informal purposes.	
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.A.10.1	Use a variety of problem-solving strategies, such as drawing a diagram, making a chart, guessing- and-checking, solving a simpler problem, writing an equation, working backwards, and creating a table.	High
PE.912.C.1.3	Analyze through observation the movement performance of self and others.	
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.	
PE.912.C.1.19	Choreograph complex sequences alone, with a partner, or in a small group.	
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.	
PE.912.C.1.24	Analyze the mechanical principles as they apply to	

specific course activities.

- PE.912.C.1.25 Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
- PE.912.C.1.26 Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
- PE.912.L.1.6 Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
- PE.912.L.2.4 Apply the principles of training and conditioning in accordance with personal goals.
- PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.
- PE.912.M.1.12 Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
- PE.912.M.1.19 Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
- PE.912.M.1.20 Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner, or in a small group.
- PE.912.M.1.21 Demonstrate the relationship between complex dance elements and rhythmic movements related to educational gymnastics skills and sequences.
- PE.912.M.1.32 Apply sport specific skills in a variety of game settings.
- PE.912.M.1.33 Practice complex motor activities in order to improve performance.
- PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.
- PE.912.R.1.4 Maintain appropriate personal, social, and ethical

behavior while participating in a variety of physical activities.

PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

PE.912.R.2.3 Explore the role of games, sports, and/or physical activities in other cultures.

### **RELATED GLOSSARY TERM DEFINITIONS (8)**

Area	The number of square units needed to cover a surface.
Chart	A data display that presents information in columns and rows.
Equation	A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.
Point	A specific location in space that has no discernable length or width.
Square	A rectangle with four congruent sides; also, a rhombus with four right angles.
Table	A data display that organizes information about a topic into categories using rows and columns.
Width	The shorter length of a two-dimensional figure. The width of a box is the horizontal distance from side to side (usually defined to be greater than the depth, the horizontal distance from front to back).
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502310
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Gymnastics 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	GYMNASTICS 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.19	Choreograph complex sequences alone, with a partner, or in a small group.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.18	Demonstrate a variety of gymnastics skills with a level of control.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.

PE.912.M.1.20	Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner, or in a small group.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1502300
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Individual and Dual</a> »
<b>Course Title:</b>	Gymnastics 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	GYMNASTICS 1
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.18	Demonstrate a variety of gymnastics skills with a level of control.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.



PE.912.R.2.3

Explore the role of games, sports, and/or physical activities in other cultures.

## **GENERAL INFORMATION**

**Course Number:** 1501310  
**Course Path:** Section: Grades PreK to 12 Education Courses » **Grade Group:** Grades 9 to 12 and Adult Education Courses » Subject: Physical Education » SubSubject: Fitness »  
**Course Title:** Fitness Lifestyle Design  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** FIT LIFST DESIGN  
**Course Length:** Semester  
**Course Status:** State Board Approval Pending

## **RELATED BENCHMARKS:**

Scheme	Descriptor	Cognitive Complexity
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.	
<b>LACC.1112.RST.2</b>	<b>Craft and Structure</b>	
LACC.1112.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.	
CCMA.9-12.S.ID.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.	
CCMA.9-12.S.MD.7 (+)	Use probability to evaluate outcomes of decisions. Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).*	
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.	
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.	
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.	
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.	
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.	
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.	
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.	
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical	

education on five or more days of the week.

- PE.912.L.1.3 Participate in a variety of activities that promote effective stress management.
- PE.912.L.1.4 Utilize the in-school and community opportunities for participation in a variety of physical activities.
- PE.912.L.1.5 Participate regularly in health-enhancing activities outside the physical education class setting.
- PE.912.L.1.6 Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
- PE.912.L.2.7 Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
- PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.
- PE.912.M.1.13 Perform a student designed cardiorespiratory enhancing workout.
- PE.912.M.1.14 Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
- PE.912.M.1.15 Select and apply sports/activity specific warm-up and cool-down techniques.
- PE.912.M.1.16 Apply the principles of training and conditioning to accommodate individual needs and strengths.
- PE.912.M.1.34 Demonstrate use of the mechanical principles as they apply to specific course activities.
- PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.
- PE.912.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.912.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
- PE.912.R.2.2 Discuss physical activities from which benefits can be derived.
- PE.912.R.2.3 Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501390
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Comprehensive Fitness
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	COMPRES FIT
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.
<b>LACC.1112.RST.2</b>	<b>Craft and Structure</b>
LACC.1112.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+) Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.

PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501380
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Personal Fitness Trainer
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	PERS FIT TRAINER
<b>Course Length:</b>	Year
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.1112.RST.3</b>	<b>Integration of Knowledge and Ideas</b>
LACC.1112.RST.3.7	Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
<b>LACC.910.WHST.2</b>	<b>Production and Distribution of Writing</b>
LACC.910.WHST.2.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.6	Acquire and use accurately general academic and domain-specific words and phrases, sufficient for reading, writing, speaking, and listening at the college and career readiness level; demonstrate independence in gathering vocabulary knowledge when considering a word or phrase important to comprehension or expression.
<b>LACC.910.RL.2</b>	<b>Craft and Structure</b>
LACC.910.RL.2.4	Determine the meaning of words and phrases as they are used in the text, including figurative and connotative meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language evokes a sense of time and place; how it sets a formal or informal tone).
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+) Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).
HE.912.B.1.4	Justify when professional health services or providers may be required.
HE.912.B.4.2	Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.
HE.912.B.4.3	Implement strategies and monitor progress in achieving a personal

	health goal.
HE.912.C.1.5	Propose strategies to reduce or prevent injuries and health problems.
HE.912.P.2.2	Demonstrate how to influence and support others in making positive health choices.
PE.912.C.1.6	Compare and contrast the health-related benefits of various physical activities.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.8	Differentiate between the three different types of heat illnesses associated with fluid loss.
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.11	Explain how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition) are improved through the application of training principles.
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.
PE.912.C.1.14	Compare and contrast the skill-related components of fitness (speed, coordination, balance, power, agility, reaction time) used in various physical activities.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.

PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.L.2.5	Assess and evaluate the use of a variety of physical activities in developing a personal fitness program.
PE.912.L.2.6	Analyze health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.17	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
SC.912.L.14.12	Describe the anatomy and histology of bone tissue.
SC.912.L.14.16	Describe the anatomy and histology, including ultrastructure, of muscle tissue.
SC.912.L.14.17	List the steps involved in the sliding filament of muscle contraction.



SC.912.L.14.19	Explain the physiology of skeletal muscle.
SC.912.L.14.20	Identify the major muscles of the human on a model or diagram.
SC.912.L.14.24	Identify the general parts of a synapse and describe the physiology of signal transmission across a synapse.
SC.912.L.14.36	Describe the factors affecting blood flow through the cardiovascular system.
SC.912.L.14.44	Describe the physiology of the respiratory system including the mechanisms of ventilation, gas exchange, gas transport and the mechanisms that control the rate of ventilation.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501360
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Weight Training 3
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WEIGHT TRAIN 3
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with

	personal goals.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501350
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Weight Training 2
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WEIGHT TRAIN 2
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others’ ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.

PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.33	Practice complex motor activities in order to improve performance.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501340
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Weight Training 1
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	WEIGHT TRAIN 1
<b>Course Length:</b>	Semester
<b>Number of Credits:</b>	0.5
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	The purpose of this course is to develop the physical skills necessary to be competent in many forms of movement as it relates to weight training. The integration of fitness concepts throughout the content is critical to the success of this course.
<b>RELATED BENCHMARKS:</b>	
Scheme	Descriptor
<b>LACC.910.WHST.2</b>	<b>Production and Distribution of Writing</b>
LACC.910.WHST.2.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-D.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
PE.912.C.1.3	Analyze through observation the movement performance of self and others.
PE.912.C.1.6	Compare and contrast the health-related benefits of various physical activities.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment

	associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.30	Combine and apply movement patterns from simple to complex.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501320
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Fitness Issues for Adolescence
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	FIT ISSUES FOR ADOL
<b>Course Length:</b>	Semester
<b>Course Status:</b>	State Board Approval Pending
Scheme	Descriptor
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies
CCMA.9-12.S.ID.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+) Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory



	fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.1	Act independently of peer pressure both in and out of school.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>		
<b>Course Number:</b>	1501310	
<b>Course Path:</b>	Section: Grades PreK to 12 Education Courses » <b>Grade Group:</b> Grades 9 to 12 and Adult Education Courses » Subject: Physical Education » SubSubject: Fitness »	
<b>Course Title:</b>	Fitness Lifestyle Design	
<b>Course Section:</b>	Grades PreK to 12 Education Courses	
<b>Abbreviated Title:</b>	FIT LIFST DESIGN	
<b>Course Length:</b>	Semester	
<b>Course Status:</b>	State Board Approval Pending	
<b>RELATED BENCHMARKS:</b>		
Scheme	Descriptor	Cognitive Complexity
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>	
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.	
<b>LACC.1112.RST.2</b>	<b>Craft and Structure</b>	
LACC.1112.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.	
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>	
MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.	
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>	
MACC.912.S-MD.2.7	(+)Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).	
PE.912.C.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.	
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.	
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.	
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.	
PE.912.C.1.24	Analyze the mechanical principles as they apply to specific course activities.	

PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.
PE.912.L.1.5	Participate regularly in health-enhancing activities outside the physical education class setting.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.4	Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

<b>GENERAL INFORMATION</b>	
<b>Course Number:</b>	1501300
<b>Course Path:</b>	<b>Section:</b> <a href="#">Grades PreK to 12 Education Courses</a> » <b>Grade Group:</b> <a href="#">Grades 9 to 12 and Adult Education Courses</a> » <b>Subject:</b> <a href="#">Physical Education</a> » <b>SubSubject:</b> <a href="#">Fitness</a> »
<b>Course Title:</b>	Personal Fitness
<b>Course Section:</b>	Grades PreK to 12 Education Courses
<b>Abbreviated Title:</b>	PERS FIT
<b>Course Length:</b>	Semester
<b>Number of Credits:</b>	0.5
<b>Course Level:</b>	2
<b>Course Status:</b>	State Board of Education Approval Pending
<b>General Notes:</b>	The purpose of this course is to provide students with the knowledge, skills, and values they need to become healthy and physically active for a lifetime. This course addresses both the health and skill-related components of physical fitness which are critical for students' success.
<b><u>RELATED BENCHMARKS:</u></b>	
Scheme	Descriptor
<b>LACC.910.RI.2</b>	<b>Craft and Structure</b>
LACC.910.RI.2.4	Determine the meaning of words and phrases as they are used in a text, including figurative, connotative, and technical meanings; analyze the cumulative impact of specific word choices on meaning and tone (e.g., how the language of a court opinion differs from that of a newspaper).
<b>LACC.1112.RST.3</b>	<b>Integration of Knowledge and Ideas</b>
LACC.1112.RST.3.7	Integrate and evaluate multiple sources of information presented in different media or formats (e.g., visually, quantitatively) as well as in words in order to address a question or solve a problem.
<b>LACC.910.W.2</b>	<b>Production and Distribution of Writing</b>
LACC.910.W.2.6	Use technology, including the Internet, to produce, publish, and update individual or shared writing products, taking advantage of technology's capacity to link to other information and to display information flexibly and dynamically.
<b>LACC.910.SL.1</b>	<b>Comprehension and Collaboration</b>
LACC.910.SL.1.1	Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9–10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.
<b>LACC.910.L.3</b>	<b>Vocabulary Acquisition and Use</b>
LACC.910.L.3.4	Determine or clarify the meaning of unknown and multiple-meaning words and phrases based on grades 9–10 reading and content, choosing flexibly from a range of strategies.
<b>LACC.1112.RST.2</b>	<b>Craft and Structure</b>
LACC.1112.RST.2.4	Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 11–12 texts and topics.
<b>MACC.912.S-ID.1</b>	<b>Summarize, represent, and interpret data on a single count or measurement variable.</b>

MACC.912.S-ID.1.2	Use statistics appropriate to the shape of the data distribution to compare center (median, mean) and spread (interquartile range, standard deviation) of two or more different data sets.
<b>MACC.912.S-MD.2</b>	<b>Use probability to evaluate outcomes of decisions.</b>
MACC.912.S-MD.2.7	(+) Use probability to evaluate outcomes of decisions. Analyze decisions and strategies using probability concepts (e.g., product testing, medical testing, pulling a hockey goalie at the end of a game).*
HE.912.C.1.1	Predict how healthy behaviors can affect health status.
PE.912.C.1.15	Calculate individual target heart rate zone and analyze how to adjust intensity level to stay within the desired range.
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.
PE.912.C.1.22	Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
PE.912.C.1.23	Apply appropriate technology and analyze data to evaluate, monitor, and/or improve performance.
PE.912.L.1.1	Participate in a variety of physical activities to meet the recommended number of minutes of moderate to vigorous physical activity (MVPA) beyond physical education on five or more days of the week.
PE.912.L.1.2	Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
PE.912.L.2.1	Demonstrate achievement and maintenance of a health-enhancing level of personal fitness by designing, implementing, self-assessing, and modifying a personal fitness program.
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.
PE.912.L.2.5	Assess and evaluate the use of a variety of physical activities in developing a personal fitness program.
PE.912.L.2.6	Analyze health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.
PE.912.L.2.7	Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
PE.912.M.1.5	Apply strategies for self improvement based on individual strengths and needs.
PE.912.M.1.12	Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.
PE.912.M.1.14	Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.

PE.912.M.1.15	Select and apply sports/activity specific warm-up and cool-down techniques.
PE.912.M.1.19	Use correct body alignment, strength, flexibility, and coordination in the performance of technical movements.
PE.912.M.1.34	Demonstrate use of the mechanical principles as they apply to specific course activities.
PE.912.M.1.35	Select proper equipment and apply all appropriate safety procedures necessary for participation.
PE.912.R.1.2	Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
PE.912.R.1.3	Demonstrate responsible behaviors during physical activities.
PE.912.R.1.5	Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.
PE.912.R.2.1	Select and participate in a variety of physical activities outside of the school setting that contribute to personal enjoyment and the attainment or maintenance of a healthy lifestyle.
PE.912.R.2.2	Discuss physical activities from which benefits can be derived.
PE.912.R.2.3	Explore the role of games, sports, and/or physical activities in other cultures.

## GENERAL INFORMATION

**Course Number:** 1500340  
**Section:** Grades PreK to 12 Education Courses » **Grade**  
**Course Path:** **Group:** Grades 9 to 12 and Adult Education Courses »  
**Subject:** Physical Education » **SubSubject:** Adaptive »  
**Course Title:** Aquatics for Disabled Students  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** Aquatics for Disabled Students  
**Number of Credits:** Half credit (.5)  
**Course Length:** Semester  
**Course Level:** 1  
**Course Status:** State Board Approved

## RELATED BENCHMARKS (15) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.A.10.2	Decide whether a solution is reasonable in the context of the original situation.	Moderate
PE.912.C.1.1	Identify and describe the critical elements of a basic water rescue.	
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.	
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.	
PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.	
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.	

- PE.912.M.1.1 Demonstrate critical elements of basic skills relating to aquatics.
- PE.912.M.1.3 Perform a basic water rescue, with or without equipment, without entering the water.
- PE.912.M.1.4 Perform refinement of one or more swim strokes to enhance efficiency, power, and cardiorespiratory endurance in a variety of aquatics settings.
- PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.
- PE.912.R.1.1 Act independently of peer pressure both in and out of school.
- PE.912.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

### **RELATED GLOSSARY TERM DEFINITIONS (5)**

- Equation A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.
- Height A line segment extending from the vertex or apex of a figure to its base and forming a right angle with the base or plane that contains the base.
- Set A set is a finite or infinite collection of distinct objects in which order has no significance.
- Function A relation in which each value of  $x$  is paired with a unique value of  $y$ . More formally, a function from  $A$  to  $B$  is a relation  $f$  such that every  $a \in A$  is uniquely associated with an object  $F(a) \in B$ .
- physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.



## **GENERAL INFORMATION**

**Course Number:** 1500330

**Course Path:** **Section:** Grades PreK to 12 Education Courses » **Grade Group:** Grades 9 to 12 and Adult Education Courses » **Subject:** Physical Education » **SubSubject:** Adaptive »

**Course Title:** Recreational Activities for Disabled Students

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** Recreational Activities for Disabled Students

**Number of Credits:** Half credit (.5)

**Course Length:** Semester

**Course Level:** 1

**Course Status:** State Board Approved

## **RELATED BENCHMARKS (18) :**

Scheme	Descriptor	Cognitive Complexity
LA.910.5.2.1	The student will select and use appropriate listening strategies according to the intended purpose (e.g., solving problems, interpreting and evaluating the techniques and intent of a presentation);	
MA.912.A.2.2	Interpret a graph representing a real-world situation.	Moderate
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.	
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.	
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.	
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.	

- PE.912.L.1.6 Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.
- PE.912.M.1.9 Demonstrate complex skills and advanced rhythmic movements in dance.
- PE.912.M.1.11 Demonstrate competency in two or more extreme sports activities.
- PE.912.M.1.27 Demonstrate proficiency in a variety of outdoor pursuit activities.
- PE.912.M.1.28 Apply strategies and tactics in a variety of outdoor pursuits.
- PE.912.M.1.32 Apply sport specific skills in a variety of game settings.
- PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.
- PE.912.R.1.1 Act independently of peer pressure both in and out of school.
- PE.912.R.1.2 Develop strategies for including persons of diverse backgrounds and abilities while participating in a variety of physical activities.
- PE.912.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.
- PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

#### **RELATED GLOSSARY TERM DEFINITIONS (4)**

- Axes The horizontal and vertical number lines used in a coordinate plane system.
- Line A collection of an infinite number of points in a straight pathway with unlimited length and having no width.

Unit A determinate quantity (as of length, time, heat, or value) adopted as a standard of measurement.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## **GENERAL INFORMATION**

**Course Number:** 1500320  
**Section:** Grades PreK to 12 Education Courses »  
**Course Path:** **Grade Group:** Grades 9 to 12 and Adult Education Courses » **Subject:** Physical Education » **SubSubject:** Adaptive »  
**Course Title:** Team Sports for Disabled Students  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** Team Sports for Disabled Students  
**Number of Credits:** Half credit (.5)  
**Course Length:** Semester  
**Course Level:** 1  
**Course Status:** State Board Approved

## **RELATED BENCHMARKS (15) :**

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.A.10.2	Decide whether a solution is reasonable in the context of the original situation.	Moderate
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.	
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.	
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.	
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.	
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.	
PE.912.M.1.15	Select and apply sports/activity specific warm-up and	

cool-down techniques.

- PE.912.M.1.24 Apply a combination of complex movement patterns in a game setting.
- PE.912.M.1.25 Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
- PE.912.M.1.32 Apply sport specific skills in a variety of game settings.
- PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.
- PE.912.R.1.1 Act independently of peer pressure both in and out of school.
- PE.912.R.1.3 Demonstrate responsible behaviors during physical activities.
- PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

#### **RELATED GLOSSARY TERM DEFINITIONS (5)**

- Equation A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.
- Height A line segment extending from the vertex or apex of a figure to its base and forming a right angle with the base or plane that contains the base.
- Set A set is a finite or infinite collection of distinct objects in which order has no significance.
- Function A relation in which each value of  $x$  is paired with a unique value of  $y$ . More formally, a function from  $A$  to  $B$  is a relation  $f$  such that every  $a \in A$  is uniquely associated with an object  $F(a) \in B$ .
- physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.

## **GENERAL INFORMATION**

**Course Number:** 1500310  
**Course Path:** **Section:** Grades PreK to 12 Education Courses » **Grade Group:** Grades 9 to 12 and Adult Education Courses » **Subject:** Physical Education » **SubSubject:** Adaptive »  
**Course Title:** Individual Sports for Disabled Students  
**Course Section:** Grades PreK to 12 Education Courses  
**Abbreviated Title:** Individual Sports for Disabled Students  
**Number of Credits:** Half credit (.5)  
**Course Length:** Semester  
**Course Level:** 1  
**Course Status:** State Board Approved

### **RELATED BENCHMARKS (23) :**

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.A.10.2	Decide whether a solution is reasonable in the context of the original situation.	Moderate
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.	
PE.912.C.1.25	Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.	
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.	
PE.912.L.1.3	Participate in a variety of activities that promote effective stress management.	
PE.912.L.1.4	Utilize the in-school and community opportunities for participation in a variety of physical activities.	

- PE.912.M.1.5 Apply strategies for self improvement based on individual strengths and needs.
- PE.912.M.1.10 Apply sport specific skills in simulation and in real-life applications.
- PE.912.M.1.12 Select and perform complex movements using a variety of equipment which lead to improved or maintained muscular strength and endurance.
- PE.912.M.1.15 Select and apply sports/activity specific warm-up and cool-down techniques.
- PE.912.M.1.20 Perform complex combinations and sequences demonstrating smooth transitions while alone, with a partner, or in a small group.
- PE.912.M.1.22 Demonstrate proficiency in advanced combinations of motor skills for a variety of individual and dual sports.
- PE.912.M.1.23 Demonstrate proficiency of critical elements when striking with an object/implement.
- PE.912.M.1.25 Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
- PE.912.M.1.30 Combine and apply movement patterns from simple to complex.
- PE.912.M.1.32 Apply sport specific skills in a variety of game settings.
- PE.912.M.1.33 Practice complex motor activities in order to improve performance.
- PE.912.M.1.35 Select proper equipment and apply all appropriate safety procedures necessary for participation.
- PE.912.R.1.3 Demonstrate responsible behaviors during physical activities.

PE.912.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.

PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

### **RELATED GLOSSARY TERM DEFINITIONS (6)**

Equation A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.

Height A line segment extending from the vertex or apex of a figure to its base and forming a right angle with the base or plane that contains the base.

Set A set is a finite or infinite collection of distinct objects in which order has no significance.

Function A relation in which each value of  $x$  is paired with a unique value of  $y$ . More formally, a function from  $A$  to  $B$  is a relation  $f$  such that every  $a \in A$  is uniquely associated with an object  $F(a) \in B$ .

motor skill Activity that involves motion, representing a movement pattern that has been learned.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.



## GENERAL INFORMATION

**Course Number:** 1500300

**Course Path:** **Section:** Grades PreK to 12 Education Courses » **Grade Group:** Grades 9 to 12 and Adult Education Courses » **Subject:** Physical Education » **SubSubject:** Adaptive »

**Course Title:** Adaptive Physical Education IEP or 504 Plan

**Course Section:** Grades PreK to 12 Education Courses

**Abbreviated Title:** Adaptive Physical Education IEP or 504 Plan

**Number of Credits:** Half credit (.5)

**Course Length:** Semester

**Course Level:** 1

**Course Status:** State Board Approved

## RELATED BENCHMARKS (23) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.A.10.1	Use a variety of problem-solving strategies, such as drawing a diagram, making a chart, guessing- and-checking, solving a simpler problem, writing an equation, working backwards, and creating a table.	High
PE.912.C.1.3	Analyze through observation the movement performance of self and others.	
PE.912.C.1.11	Explain how each of the health-related fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition) are improved through the application of training principles.	
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.	
PE.912.C.1.20	Know various ways in which physical conflict can be resolved appropriately.	

- PE.912.C.1.22 Explain the skill-related components of balance, reaction time, agility, coordination, power, and speed and how they enhance performance levels.
- PE.912.C.1.25 Analyze and evaluate the risks, safety procedures, rules, and equipment associated with specific course activities.
- PE.912.L.1.2 Participate in a variety of activities that promote cardiorespiratory fitness, muscular strength and endurance, flexibility, and body composition.
- PE.912.L.1.3 Participate in a variety of activities that promote effective stress management.
- PE.912.L.2.4 Apply the principles of training and conditioning in accordance with personal goals.
- PE.912.L.2.7 Evaluate how to make changes in an individual wellness plan as lifestyle changes occur.
- PE.912.M.1.10 Apply sport specific skills in simulation and in real-life applications.
- PE.912.M.1.14 Utilize selected technology to assess, enhance, and maintain health and skill-related fitness levels.
- PE.912.M.1.15 Select and apply sports/activity specific warm-up and cool-down techniques.
- PE.912.M.1.16 Apply the principles of training and conditioning to accommodate individual needs and strengths.
- PE.912.M.1.24 Apply a combination of complex movement patterns in a game setting.
- PE.912.M.1.25 Apply the appropriate speed and generation of force when running sprints or distance, throwing, jumping, and striking.
- PE.912.M.1.30 Combine and apply movement patterns from simple to

complex.

PE.912.M.1.33 Practice complex motor activities in order to improve performance.

PE.912.R.1.3 Demonstrate responsible behaviors during physical activities.

PE.912.R.1.4 Maintain appropriate personal, social, and ethical behavior while participating in a variety of physical activities.

PE.912.R.1.5 Demonstrate appropriate etiquette, care of equipment, respect for facilities, and safe behaviors while participating in a variety of physical activities.

#### **RELATED GLOSSARY TERM DEFINITIONS (9)**

Area The number of square units needed to cover a surface.

Chart A data display that presents information in columns and rows.

Equation A mathematical sentence stating that the two expressions have the same value. Also read the definition of equality.

Point A specific location in space that has no discernable length or width.

Square A rectangle with four congruent sides; also, a rhombus with four right angles.

Table A data display that organizes information about a topic into categories using rows and columns.

Width The shorter length of a two-dimensional figure. The width of a box is the horizontal distance from side to side (usually defined to be greater than the depth, the horizontal distance from front to back).

balance A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.

physical activity Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.