

GENERAL INFORMATION

Course Number: 5015000

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Elementary Adaptive Physical Education IEP or 504 Plan Elem Adaptive Physical Ed IEP/504

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Elementary Adaptive Physical Education IEP or 504 Plan Elem Adaptive Physical Ed IEP/504

Course Length: Year

Course Status: State Board Approved

CERTIFICATIONS OPTIONS (3)

Option1: [PHYSICAL EDUCATION \(GRADES K - 12\)](#)

Option2: [PHYSICAL EDUCATION \(GRADES K - 8\)](#)

Option3: [ADAPTIVE PHYSICAL EDUCATION ENDORSEMENT](#) **plus** [PHYSICAL EDUCATION \(GRADES K - 8\)](#)

GENERAL INFORMATION

Course Number: 5015020

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade K

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade K

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (42) :

Scheme	Descriptor	Cognitive Complexity
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.	
PE.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.

RELATED GLOSSARY TERM DEFINITIONS (3)

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: 5015030

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade 1

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade 1

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (45) :

Scheme	Descriptor	Cognitive Complexity
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.
- PE.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.

RELATED GLOSSARY TERM DEFINITIONS (2)

- 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: 5015040

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade 2

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (47) :

Scheme	Descriptor	Cognitive Complexity
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.

RELATED GLOSSARY TERM DEFINITIONS (2)

- 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: 5015050

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade 3

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade 3

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (47) :

Scheme	Descriptor	Cognitive Complexity
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.

RELATED GLOSSARY TERM DEFINITIONS (4)

assessment	The process of gathering evidence about a student's level of achievement and making inferences based on that evidence for a variety of purposes.
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).
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: 5015060

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades PreK to 5 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade 4

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade 4

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (45) :

Scheme	Descriptor	Cognitive Complexity
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.
- PE.4.L.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.

RELATED GLOSSARY TERM DEFINITIONS (3)

- 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).
- 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: 5015070

Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades PreK to 5 Education Courses](#) » **Subject:**
[Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Physical Education - Grade 5

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Physical Education - Grade 5

Course Length: TBD

Course Status: State Board Approved

RELATED BENCHMARKS (44) :

Scheme	Descriptor	Cognitive Complexity
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 similiar	

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 overhand 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.

RELATED GLOSSARY TERM DEFINITIONS (4)

assessment	The process of gathering evidence about a student's level of achievement and making inferences based on that evidence for a variety of purposes.
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).
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: 1500000

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 6 to 8 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Adaptive](#) »

Course Title: M/J Adaptive Physical Education IEP or 504 Plan (MC)

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: M/J Adaptive Physical Education IEP or 504 Plan (MC)

Course Length: Year

Course Status: State Board Approved

RELATED BENCHMARKS (62) :

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.1.1	Identify at least two movements or activities which lead to improvement in each of the health-related components of fitness.	
PE.6.C.1.7	Classify activities as aerobic or anaerobic.	
PE.6.C.1.9	List the components of skill-related fitness.	
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.1.15	Choreograph basic dance or gymnastic sequences alone, with a partner, or in a small group.	
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.2.5 Recognize health-related problems associated with inadequate levels of cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
- 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.1.9 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.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.1.5 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.1.7 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.2.4 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.1.4 Demonstrate introductory outdoor pursuits skills.
- PE.7.M.1.5 Perform aquatics activities to improve or maintain health-related fitness.
- PE.7.M.1.7 Utilize proper equipment and implement appropriate safety procedures for participation in a variety of sports or activities.
- 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.1.4 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.1.2 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.2.4 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.M.1.3 Demonstrate body management for successful participation in a variety of modified games and activities.
- 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 (6)

- Option1: [ADAPTIVE PHYSICAL EDUCATION ENDORSEMENT plus PHYSICAL EDUCATION \(GRADES 6 - 12\)](#)
- Option2: [ADAPTIVE PHYSICAL EDUCATION ENDORSEMENT plus PHYSICAL EDUCATION \(GRADES K - 12\)](#)
- Option3: [PHYSICAL EDUCATION \(GRADES K - 12\)](#)
- Option4: [PHYSICAL EDUCATION \(GRADES K - 8\)](#)
- Option5: [PHYSICAL EDUCATION \(GRADES 6 - 12\)](#)
- Option6: [ADAPTIVE PHYSICAL EDUCATION ENDORSEMENT plus 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.
- 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).

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:	1508600
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Comprehensive - Grades 6/7
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Comprehensive - Grades 6/7
Course Length:	Semester
Course Status:	State Board Approved
Honors?	No
AP?	
Advanced Placement	No
IB?	
International Baccalaureate	No
AICE?	
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No
General Notes:	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

RELATED BENCHMARKS (74) :

Scheme	Descriptor	Cognitive Complexity
LA.7.1.6.1	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.1.1	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.

RELATED GLOSSARY TERM DEFINITIONS (25)

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.
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
educational gymnastics	A non-traditional approach to gymnastics that focuses on developmental appropriateness while encouraging children to increase their body awareness, body management, and self-confidence. Educational gymnastics activities are structured in such a way as to maximize participation and ensure success for all students.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
manipulative	A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
mechanical principles	Principles dealing with the action of forces on objects (e.g., levers, balance, force).

muscular endurance	A health-related component of fitness. The ability of the muscles to perform without fatigue over an extended period of time.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
progression	A training principle. Starting an exercise program slowly and gradually increasing the intensity and duration in order to safely experience improvement.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number: 1508700
Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 6 to 8 Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »
Course Title: M/J Comprehensive - Grades 7/8
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: M/J Comprehensive - Grades 7/8
Course Length: Semester
Course Status: State Board Approved
Honors? No
AP? No
Advanced Placement
IB?
International Baccalaureate
AICE?
Advanced International Certification of Education No
NCLB?
No Child Left Behind No

General Notes: 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

RELATED BENCHMARKS (42) :

Scheme	Descriptor	Cognitive Complexity
LA.8.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.7.A.1.6	Apply proportionality to measurement in multiple contexts, including scale drawings and constant speed.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (26)

Constant	Any value that does not change.
Multiples	The numbers that result from multiplying a given whole number by the set of whole numbers.
Rate	A ratio that compares two quantities of different units.
Scale	The numeric values, set at fixed intervals, assigned to the axes of a graph.
Unit	A determinate quantity (as of length, time, heat, or value) adopted as a standard of measurement.
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).
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
competency	Sufficient ability, skill, and knowledge to meet the demands of a particular task.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion

	available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
overload	A training principle. The body must be worked harder than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
tactics	Individual movements of players or teams to accomplish an immediate goal or accommodate the specific situation. Tactics take place within the game as an on-going part of game play and include decisions an individual makes about when, why, and how to respond to a particular situation.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

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: 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: 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: 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:	1508100
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Educational Gymnastics/Dance - Grade 6
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Educational Gymnastics/Dance - Grade 6
Course Length:	Semester
Course Status:	State Board Approved
Honors?	No
AP?	
Advanced Placement	No
IB?	
International Baccalaureate	No
AICE?	
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No

General Notes: 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

RELATED BENCHMARKS (35) :

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.1.14	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.

RELATED GLOSSARY TERM DEFINITIONS (17)

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.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass

	to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
educational gymnastics	A non-traditional approach to gymnastics that focuses on developmental appropriateness while encouraging children to increase their body awareness, body management, and self-confidence. Educational gymnastics activities are structured in such a way as to maximize participation and ensure success for all students.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
mechanical principles	Principles dealing with the action of forces on objects (e.g., levers, balance, force).
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
muscular endurance	A health-related component of fitness. The ability of the muscles to perform without fatigue over an extended period of time.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number:	1508400
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Extreme/Alternative Sports - Grade 8
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Extreme/Alternative Sports - Grade 8
Course Length:	Semester
Course Status:	State Board Approved
Honors?	No
AP?	
Advanced Placement	No
IB?	
International Baccalaureate	No
AICE?	
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No
General Notes:	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

RELATED BENCHMARKS (30) :

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.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.

RELATED GLOSSARY TERM DEFINITIONS (22)

Central tendency	A measure used to describe data (e.g., mean, mode, median). 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.
Mean	Arithmetic mean is the balance point if the numbers are considered as weights on a beam. 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.
Median	
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.
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about

the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.

technology

Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number:	1508000
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Fitness - Grade 6
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Fitness - Grade 6
Course Length:	Semester
Course Type:	Elective
Course Status:	State Board Approved
Honors?	No
AP?	No
Advanced Placement	No
IB?	No
International Baccalaureate	No
AICE?	No
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No
General Notes:	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

RELATED BENCHMARKS (40) :

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.1.1	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.

RELATED GLOSSARY TERM DEFINITIONS (22)

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.
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
muscular endurance	A health-related component of fitness. The ability of the muscles to perform without fatigue over an extended period of time.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder

	than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
progression	A training principle. Starting an exercise program slowly and gradually increasing the intensity and duration in order to safely experience improvement.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number:	1508500
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Individual/Dual Sports - Grade 8
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Individual/Dual Sports - Grade 8
Course Length:	Semester
Course Status:	State Board Approved
Honors?	No
AP?	
Advanced Placement	No
IB?	
International Baccalaureate	No
AICE?	
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No

General Notes: 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

RELATED BENCHMARKS (35) :

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.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.

RELATED GLOSSARY TERM DEFINITIONS (24)

- 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.
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
competency	Sufficient ability, skill, and knowledge to meet the demands of a particular task.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
motor skill	Activity that involves motion, representing a movement pattern that has been learned.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder than

	normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during physical activity or exercise.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
tactics	Individual movements of players or teams to accomplish an immediate goal or accommodate the specific situation. Tactics take place within the game as an on-going part of game play and include decisions an individual makes about when, why, and how to respond to a particular situation.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number:	1508300
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 6 to 8 Education Courses » Subject: Physical Education » SubSubject: General »
Course Title:	M/J Outdoor Pursuits/Aquatics - Grade 7
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	M/J Outdoor Pursuits/Aquatics - Grade 7
Course Length:	Semester
Course Status:	State Board Approved
Honors?	No
AP?	
Advanced Placement	No
IB?	
International Baccalaureate	No
AICE?	
Advanced International Certification of Education	No
NCLB? No Child Left Behind	No
General Notes:	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

RELATED BENCHMARKS (28) :

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.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.

RELATED GLOSSARY TERM DEFINITIONS (14)

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.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
etiquette	The forms and practices prescribed by social convention or by authority.

flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

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.

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: 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	<p>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.</p> <p>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.</p>
Median	
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

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade 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: 1501030

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade 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: 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: 1508200
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 Team Sports - Grade 7
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: M/J Team Sports - Grade 7
Course Length: Semester
Course Status: State Board Approved
Honors? No
AP?
Advanced Placement No
IB?
International Baccalaureate No
AICE?
Advanced International Certification of Education No
NCLB? No Child Left Behind No

General Notes: 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

RELATED BENCHMARKS (30) :

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.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.

RELATED GLOSSARY TERM DEFINITIONS (14)

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.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.
cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
manipulative	A skillful movement done to or with objects (e.g., throwing a bean bag, striking a soccer ball, juggling).
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

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: 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: 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.

GENERAL INFORMATION

Course Number: 1503400
Section: [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Fitness](#) »
Course Title: Aerobics 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Aerobics 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (21) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (4)

Mean	<p>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.</p>
Median	<p>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.</p>
Set	<p>A set is a finite or infinite collection of distinct objects in which order has no significance.</p>
physical activity	<p>Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.</p>

GENERAL INFORMATION

Course Number: 1503410

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: Aerobics 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Aerobics 2

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (31) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.1.12	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.

RELATED GLOSSARY TERM DEFINITIONS (4)

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.
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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.

Set

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

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: 1503420
Section: [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Fitness](#) »
Course Title: Aerobics 3
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Aerobics 3
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (29) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
PE.912.C.1.3	Analyze through observation the movement performance of self and others.	
PE.912.C.1.4	Choreograph complex dance sequences alone, with a partner, or in a small group.	
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.

RELATED GLOSSARY TERM DEFINITIONS (4)

Mean	<p>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.</p>
Median	<p>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.</p>

Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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: 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: 1503310
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Basketball
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Basketball
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (32) :

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.1.1	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.1.20	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.

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.

GENERAL INFORMATION

Course Number: 1502490

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »

Course Title: Care and Prevention of Athletic Injuries

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Care and Prevention of Athletic Injuries

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (22) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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.1.7	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.

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.

GENERAL INFORMATION

Course Number: 1501390

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: Comprehensive Fitness

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Comprehensive Fitness

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (29) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.	
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.

RELATED GLOSSARY TERM DEFINITIONS (5)

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
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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.

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

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:** 1500445

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: Dance Waiver (0.5 for Personal Fitness option only) for entering 0708

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

**Abbreviated
Title:** Dance Waiver (0.5 for Personal Fitness option only) for entering 0708

Course Status: State Board Approved

GENERAL INFORMATION

Course Number: 1501320

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 Issues for Adolescence

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Fitness Issues for Adolescence

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (30) :

Scheme	Descriptor	Cognitive Complexity
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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
MA.912.S.3.8	Determine whether a data distribution is symmetric or skewed based on an appropriate graphical presentation of the data.	Low
PE.912.C.1.6	Compare and contrast the health-related benefits of various physical activities.	
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.912.C.1.10	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
Probability	<p>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%.</p> <p>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.</p>
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.
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 $F(a) \in B$.
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.

GENERAL INFORMATION

Course Number: 1501310
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **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: Fitness Lifestyle Design
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (28) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.5	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.1.7	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.

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.

GENERAL INFORMATION

Course Number: 1504400
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Golf 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Golf 1
Course Length: Semester
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.1.9	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.1.24	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.

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.

GENERAL INFORMATION

Course Number: 1504410

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: Golf 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Golf 2

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (22) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.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.

RELATED GLOSSARY TERM DEFINITIONS (6)

Mean	<p>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.</p>
Median	<p>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.</p>
Set	<p>A set is a finite or infinite collection of distinct objects in which order has no significance.</p>
balance	<p>A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.</p>
motor skill	<p>Activity that involves motion, representing a movement pattern that has been learned.</p>
physical activity	<p>Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.</p>

GENERAL INFORMATION

Course Number: 1502300
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Gymnastics 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Gymnastics 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (16) :

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.1.23	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.

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.

GENERAL INFORMATION

Course Number: 1502310
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Gymnastics 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Gymnastics 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (21) :

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.1.7	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.

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.

GENERAL INFORMATION

Course Number: 1502320
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 Path:
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.

GENERAL INFORMATION

Course Number: 3026010

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Combined Courses](#) »

Course Title: HOPE-Core

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: HOPE-Core

Number of Credits: One credit (1)

Course Length: Year

Course Level: 2

Course Status: State Board Approved

General Notes: 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. In addition to the physical education content represented in the benchmarks below

RELATED BENCHMARKS (98) :

Scheme	Descriptor	Cognitive Complexity
HE.912.B.1.1	Verify the validity of health information, products, and services.	
HE.912.B.1.3	Evaluate the accessibility of products and services that enhance health.	
HE.912.B.1.4	Justify when professional health services or providers may be required.	
HE.912.B.1.5	Critique valid and reliable health products and services.	
HE.912.B.1.6	Justify the validity of a variety of technologies to gather health information.	
HE.912.B.2.1	Explain skills needed to communicate effectively with family, peers, and others to enhance health.	
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.
LA.910.1.6.5	The student will relate new vocabulary to familiar words;
LA.910.2.2.1	The student will analyze and evaluate information from text features (e.g., transitional devices, table of contents, glossary, index, bold or italicized text, headings, charts and graphs, illustrations, subheadings);
LA.910.2.2.5	The student will select a variety of age and ability appropriate nonfiction materials (e.g., biographies and topical areas, such as science, music, art, history, sports, current events) to expand the core knowledge necessary to connect topics and function as a fully literate member of a shared culture.
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);
LA.910.5.2.3	The student will use appropriate eye contact, body movements, voice register and oral language choices for audience engagement in formal and informal speaking situations;
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).
LA.910.6.3.1	The student will distinguish between propaganda and ethical reasoning strategies in print and nonprint media;

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
MA.912.F.3.1	Compare the advantages and disadvantages of using cash versus a credit card.	High
MA.912.F.4.1	Develop personal budgets that fit within various income brackets.	Moderate
MA.912.S.1.1	Formulate an appropriate research question to be answered by collecting data or performing an experiment.	High
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (33)

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.
Estimate	Is an educated guess for an unknown quantity or outcome based on known information. An estimate in computation may be found by rounding, by using front-end digits, by clustering, or by using compatible numbers to compute.
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.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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).
agility	A skill-related component of fitness. The body's ability to change directions quickly while maintaining control.
balance	A skill-related component of fitness. The ability to maintain equilibrium while moving or standing still.
body composition	A health-related component of fitness. The ratio of fat mass to lean mass in the body.

cardiorespiratory endurance	A health-related component of fitness. Of or relating to both the heart and the lungs and their functions as it relates to the delivery of oxygen throughout the body.
coordination	A skill-related component of fitness. The ability to control body parts while performing movement skills smoothly and accurately.
etiquette	The forms and practices prescribed by social convention or by authority.
flexibility	A health-related component of fitness. The range of motion available at a given joint of the body.
health-related fitness	Physical fitness primarily associated with disease prevention and functional health throughout life. Health-related fitness consists of five components: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition.
mechanical principles	Principles dealing with the action of forces on objects (e.g., levers, balance, force).
muscular endurance	A health-related component of fitness. The ability of the muscles to perform without fatigue over an extended period of time.
muscular strength	A health-related component of fitness. The maximum force exerted when contracting muscles a single time.
MVPA	Moderate to vigorous physical activity. It is sustained, repetitive, large-muscle activities (e.g., speed walking, running, cycling) performed at least at a medium level of intensity.
overload	A training principle. The body must be worked harder than normal in order to improve the fitness level.
physical activity	Any fitness, sports, or recreational activity involving movement of the body that is produced through muscle contraction that increases energy expenditure.
physical education	A planned, sequential curriculum by which students learn to develop and maintain a healthy lifestyle. It includes cognitive, affective, and psychomotor aspects of physical activity, goal setting, proper nutrition, and formal assessment.
power	A skill-related component of fitness. The ability to move body parts swiftly while applying maximum force to the muscles.
progression	A training principle. Starting an exercise program slowly and gradually increasing the intensity and duration in order to safely experience improvement.
reaction time	A skill-related component of fitness. The ability to react or respond quickly to what you hear, see, or feel.
specificity	A training principle. Improvements in personal fitness will occur in the particular muscles that you overload during

physical activity or exercise.

speed

Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.

strategies

Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.

technology

Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number:	1506320
Course Path:	Section: Grades PreK to 12 Education Courses » Grade Group: Grades 9 to 12 and Adult Education Courses » Subject: Physical Education » SubSubject: Combined Courses »
Course Title:	HOPE-Physical Education Variation
Course Section:	Grades PreK to 12 Education Courses
Abbreviated Title:	HOPE-Physical Education Variation
Course Length:	Year
Course Status:	State Board Approved
General Notes:	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. In addition to the physical education content represented in the benchmarks below

RELATED BENCHMARKS (76) :

Scheme	Descriptor	Cognitive Complexity
HE.912.B.1.1	Verify the validity of health information, products, and services.	
HE.912.B.1.3	Evaluate the accessibility of products and services that enhance health.	
HE.912.B.1.4	Justify when professional health services or providers may be required.	
HE.912.B.1.5	Critique valid and reliable health products and services.	
HE.912.B.1.6	Justify the validity of a variety of technologies to gather health information.	
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.
- LA.910.1.6.5 The student will relate new vocabulary to familiar words;
- LA.910.5.2.5 The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).
- 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
- MA.912.S.1.1 Formulate an appropriate research question to be answered by collecting data or performing an experiment. High
- MA.912.S.3.3 Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data. Moderate
- 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.

RELATED GLOSSARY TERM DEFINITIONS (12)

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.
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.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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.

GENERAL INFORMATION

Course Number: 1500310
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: 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: 1502410
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 Path:
Course Title: Individual and Dual Sports 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Individual and Dual Sports 1
Course Length: Semester
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.1.9	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.1.23	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.

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.

GENERAL INFORMATION

Course Number: 1502420

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: Individual and Dual Sports 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Individual and Dual Sports 2

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (33) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.6.4.1	The student will select and use appropriate available technologies (e.g., computer, digital camera) to enhance communication and achieve a purpose (e.g., video, presentations); and	
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
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.1.22 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.

RELATED GLOSSARY TERM DEFINITIONS (13)

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.
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.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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.
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: 1502430

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: Individual and Dual Sports 3

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Individual and Dual Sports 3

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (32) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (12)

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.
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.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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).
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:** 1500410

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: Completion of Interscholastic Sports Season 1

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

**Abbreviated
Title:** Completion of Interscholastic Sports Season 1

Course Status: State Board Approved

GENERAL INFORMATION

**Course
Number:** 1500420

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: Completion of Interscholastic Sports Season 2

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

**Abbreviated
Title:** Completion of Interscholastic Sports Season 2

Course Status: State Board Approved

GENERAL INFORMATION

**Course
Number:** 1500440

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: Marching Band PE Waiver - (for Personal Fitness option only)

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

**Abbreviated
Title:** Marching Band PE Waiver - (for Personal Fitness option only)

Course Status: State Board Approved

GENERAL INFORMATION

Course Number: 1502480
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [General](#) »
Course Title: Outdoor Education
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Outdoor Education
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (16) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.1	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.1.10	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.

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.

GENERAL INFORMATION

Course Number: 1502400

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: Paddleball/Racquetball/Handball

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Paddleball/Racquetball/Handball

Number of Credits: Half credit (.5)

Course Length: Semester

Course Level: 2

Course Status: State Board Approved

RELATED BENCHMARKS (27) :

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.1.9	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.1.24	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.

RELATED GLOSSARY TERM DEFINITIONS (18)

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.
Estimate	Is an educated guess for an unknown quantity or outcome based on known information. An estimate in computation may be found by rounding, by using front-end digits, by clustering, or by using compatible numbers to compute.
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.
mechanical principles	Principles dealing with the action of forces on objects (e.g., levers, balance, force).
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.
physical education	A planned, sequential curriculum by which students learn to develop and maintain a healthy lifestyle. It includes cognitive, affective, and psychomotor aspects of physical activity, goal setting, proper nutrition, and formal assessment.
proficiency	Performing a skill with correctness, as an expert.
speed	Amount of distance traveled divided by time taken to travel; the time-rate at which any physical process takes place.
strategies	Competitive decisions by individuals and/or a team about the overall play of the game in order to gain advantage over the opponent; an overall plan of attack.
tactics	Individual movements of players or teams to accomplish an immediate goal or accommodate the specific situation. Tactics take place within the game as an on-going part of game play and include decisions an individual makes about when, why, and how to respond to a particular situation.
technology	Human innovation in action that involves the generation of knowledge and processes to develop systems that solve problems and extend human capabilities (e.g., stop watches, pedometers, heart rate monitors, computers, digital cameras).

GENERAL INFORMATION

Course Number: 1502400

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: Paddleball/Racquetball/Handball

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Paddleball/Racquetball/Handball

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (27) :

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.1.9	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.1.24	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 1501300
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: Personal Fitness
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Personal Fitness
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (42) :

Scheme	Descriptor	Cognitive Complexity
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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.1.6	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.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.

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.

GENERAL INFORMATION

Course Number: 1501380
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Fitness](#) »
Course Title: Personal Fitness Trainer
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Personal Fitness Trainer
Course Length: Year
Course Status: State Board Approved

RELATED BENCHMARKS (59) :

Scheme	Descriptor	Cognitive Complexity
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.	
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
LA.910.2.2.1	The student will analyze and evaluate information from text features (e.g., transitional devices, table of contents, glossary, index, bold or italicized text, headings, charts and graphs, illustrations, subheadings);	

LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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
MA.912.F.4.1	Develop personal budgets that fit within various income brackets.	Moderate
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.	Low
SC.912.L.14.16	Describe the anatomy and histology, including ultrastructure, of muscle tissue.	Moderate
SC.912.L.14.17	List the steps involved in the sliding filament of muscle contraction.	Moderate
SC.912.L.14.19	Explain the physiology of skeletal muscle.	Moderate
SC.912.L.14.20	Identify the major muscles of the human on a model or diagram.	Low

SC.912.L.14.24	Identify the general parts of a synapse and describe the physiology of signal transmission across a synapse.	Moderate
SC.912.L.14.36	Describe the factors affecting blood flow through the cardiovascular system.	Moderate
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.	Moderate

RELATED GLOSSARY TERM DEFINITIONS (21)

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.
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.
Point	A specific location in space that has no discernable length or width.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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.
Anatomy	The scientific study of the shape and structure of organisms and their parts.
Cardiovascular system	The bodily system consisting of the heart, blood vessels, and blood that circulates blood throughout the body, delivers nutrients and other essential materials to cells, and removes waste products.
Gas	One of the fundamental states of matter in which the molecules do not have a fixed volume or shape.
Histology	The scientific study of the microscopic structure of organism tissues.
Model	A systematic description of an object or phenomenon that shares important characteristics with the object or phenomenon. Scientific models can be material, visual, mathematical, or computational and are often used in the construction of scientific theories.
Physiology	The scientific study of an organism's vital functions, including growth, development, reproduction, the absorption and processing of nutrients, the synthesis and distribution of proteins and other organic molecules, and the functioning of different tissues, organs, and other anatomic structures.
Respiratory system	The system of organs and structures in which gas exchange takes place, consisting of the lungs and airways in air-breathing vertebrates, gills in fish and many invertebrates, the outer covering of the body in worms, and specialized air ducts in insects.
Synapse	The junction across which a nerve impulse passes from one nerve cell to another nerve cell, a muscle cell, or a gland cell.
Tissue	Similar cells acting to perform a specific function.

GENERAL INFORMATION

**Course
Number:** 1500430

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: Personal Fitness Competency Test Waiver

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

**Abbreviated
Title:** Personal Fitness Competency Test Waiver

Course Status: State Board Approved

GENERAL INFORMATION

Course Number: 1501410

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: Power Weight Training 1

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Power Weight Training 1

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (27) :

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
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.1.14	Compare and contrast the skill-related components of fitness (speed, coordination, balance, power, agility, reaction time) used in various physical activities.	
PE.912.C.1.17	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.1.2 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.1.34 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.

RELATED GLOSSARY TERM DEFINITIONS (12)

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.
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.

Point

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

Set

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

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.

GENERAL INFORMATION

Course Number: 1505430
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Racquetball 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Racquetball 1
Course Length: Semester
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.1.9	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.1.25	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.

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.

GENERAL INFORMATION

Course Number: 1505440
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Racquetball 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Racquetball 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (25) :

Scheme	Descriptor	Cognitive Complexity
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.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.	
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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 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: 1502470
Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [General](#) »
Course Title: Recreational Activities
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Recreational Activities
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (25) :

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.1.9	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.

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.

GENERAL INFORMATION

**Course
Number:** 1500450

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: ROTC Physical Education Waiver - Completion of Year 1

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

**Abbreviated
Title:** ROTC Physical Education Waiver - Completion of Year 1

Course Status: State Board Approved

GENERAL INFORMATION

Course Number: 1500460

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Waivers](#) »

Course Title: ROTC Physical Education Waiver - Completion of Year 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: ROTC Physical Education Waiver - Completion of Year 2

Course Status: State Board Approved

GENERAL INFORMATION

Course Number: 1502460
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 Path:
Course Title: Self Defense Activities
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Self Defense Activities
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (19) :

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.1.20	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.

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.

GENERAL INFORMATION

Course Number: 1503320

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Team](#) »

Course Title: Soccer

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Soccer

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (32) :

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.1.7	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.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.

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.

GENERAL INFORMATION

Course Number: 1503330
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Softball
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Softball
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (30) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (5)

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.

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

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: 1502500
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [General](#) »
Course Title: Sports Officiating
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Sports Officiating
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (18) :

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.1.9	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.1.23	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.

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.

GENERAL INFORMATION

Course Number: 1504460
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Swimming 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Swimming 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (21) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.1	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.1.1	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.1.23	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 1504470
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Swimming 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Swimming 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (24) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.5	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.1.1	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 1503350
Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Team Sports 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Team Sports 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (25) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.S.1.1	Formulate an appropriate research question to be answered by collecting data or performing an experiment.	High
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.

RELATED GLOSSARY TERM DEFINITIONS (1)

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

Course Number: 1503360

Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Team](#) »

Course Title: Team Sports 2

Course Section: Grades PreK to 12 Education Courses

Abbreviated Title: Team Sports 2

Course Length: Semester

Course Status: State Board Approved

RELATED BENCHMARKS (29) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.C.3.10	Find the velocity and acceleration of a particle moving in a straight line.	Moderate
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
PE.912.C.1.9	Explain the precautions to be taken when exercising in extreme weather and/or environmental conditions.	
PE.912.C.1.20	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.

RELATED GLOSSARY TERM DEFINITIONS (6)

Line	A collection of an infinite number of points in a straight pathway with unlimited length and having no width.
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.

Set

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

Velocity

The time rate at which a body changes its position vector; quantity expressed by direction and magnitude in units of distance over time.

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: 1504500
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Tennis 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Tennis 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (24) :

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.1.9	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.1.15 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.

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.

GENERAL INFORMATION

Course Number: 1504510
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Tennis 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Tennis 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (27) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.5	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.1.7	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.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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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

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

GENERAL INFORMATION

Course Number: 1504520
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Tennis 3
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Tennis 3
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (27) :

Scheme	Descriptor	Cognitive Complexity
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.1.7	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.1.21	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 1503300
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Track and Field
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Track and Field
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (29) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.1	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.1.7	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.1.22	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.

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.

GENERAL INFORMATION

Course Number: 1505500
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Volleyball 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Volleyball 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (24) :

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.1.9	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.1.25	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.

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.

GENERAL INFORMATION

Course Number: 1505510
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Volleyball 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Volleyball 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (26) :

Scheme	Descriptor	Cognitive Complexity
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.1.7	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.1.21	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.

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.

GENERAL INFORMATION

Course Number: 1505520
Course Path: **Section:** [Grades PreK to 12 Education Courses](#) » **Grade Group:** [Grades 9 to 12 and Adult Education Courses](#) » **Subject:** [Physical Education](#) » **SubSubject:** [Team](#) »
Course Title: Volleyball 3
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Volleyball 3
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (26) :

Scheme	Descriptor	Cognitive Complexity
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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.1.7	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.1.21	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.

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.

GENERAL INFORMATION

Course Number: 1504490
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Water Safety
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Water Safety
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (26) :

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.1.1	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.1.8	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.

RELATED GLOSSARY TERM DEFINITIONS (10)

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.
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: 1501340
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: Weight Training 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Weight Training 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (26) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.1	The student will use new vocabulary that is introduced and taught directly;	
MA.912.S.3.3	Calculate and interpret measures of the center of a set of data, including mean, median, and weighted mean, and use these measures to make comparisons among sets of data.	Moderate
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.

RELATED GLOSSARY TERM DEFINITIONS (5)

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.
Set	A set is a finite or infinite collection of distinct objects in which order has no significance.
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: 1501350
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: Weight Training 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Weight Training 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (28) :

Scheme	Descriptor	Cognitive Complexity
LA.910.1.6.5	The student will relate new vocabulary to familiar words;	
MA.912.S.1.1	Formulate an appropriate research question to be answered by collecting data or performing an experiment.	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.1.16	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.

RELATED GLOSSARY TERM DEFINITIONS (2)

- 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: 1501360
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: Weight Training 3
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Weight Training 3
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (28) :

Scheme	Descriptor	Cognitive Complexity
LA.910.5.2.5	The student will research and organize information that integrates appropriate media into presentations for oral communication (e.g., digital presentations, charts, photos, primary sources, webcasts).	
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.1.17	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.

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.

GENERAL INFORMATION

Course Number: 1505550
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Wrestling 1
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Wrestling 1
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (17) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.1	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.1.23	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.1.28	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.

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.

GENERAL INFORMATION

Course Number: 1505560
Section: [Grades PreK to 12 Education Courses](#) » **Grade**
Course Path: **Group:** [Grades 9 to 12 and Adult Education Courses](#) »
Subject: [Physical Education](#) » **SubSubject:** [Individual and Dual](#) »
Course Title: Wrestling 2
Course Section: Grades PreK to 12 Education Courses
Abbreviated Title: Wrestling 2
Course Length: Semester
Course Status: State Board Approved

RELATED BENCHMARKS (20) :

Scheme	Descriptor	Cognitive Complexity
LA.1112.1.6.5	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.1.7	Evaluate the effectiveness of specific warm-up and cool-down activities.	
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.

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.