

High School PE
 Benchmarks and Activities
 Promoting **Motor Skills Strand**

Content Standard	Benchmarks	Activities	Assessment
Content Standard 5: All students will participate successfully in selected health enhancing, lifelong physical activities.	Demonstrate competence in the following activities: personal condition; individual, dual and team sports; and recreational activities.	<ul style="list-style-type: none"> • Swimming • Badminton • Volleyball • Fitness Training • Weight Training • Ultimate Frisbee • Pickleball • Soccer • Tennis • Flag Football • Floor Hockey • Kickball • Tennisball 	Teacher observation assessment

Activities identified as team, individual, and dual sports include: soccer, weight training, tennis, flag football, volleyball, basketball, pickleball, badminton, floor hockey, kickball, and tennis ball..

Fitness activities will include the following: plyometrics, running, speed walking, flexibility, planks, push-ups, weight training, and aerobics.

Teachers select from learning benchmarks at lower or higher levels to differentiate for individual needs. Grade 9 focus is on skill development.

Content Standard	Benchmarks	Activities	Assessment
Content Standard 6: All students will develop and maintain healthy levels of cardiorespiratory endurance.	<p>Participates in a variety of physical activities appropriate for enhancing cardiorespiratory endurance.</p> <p>Assess personal status of cardiorespiratory endurance.</p> <p>Meet standards on selected fitness activities on selected fitness activities that develop and maintain cardiorespiratory endurance (e.g., times or distance walk/run and other endurance activities at specified heart rate/heart rate recovery).</p>	<ul style="list-style-type: none"> • Jogging • Speed Walking • Aerobics • Soccer • Basketball • Flag Football • Rope jumping • Floor Hockey • Volleyball • Plyometrics 	<p>Mile Run Assessment</p> <ul style="list-style-type: none"> • 30 Minute Run/Walk • Pacer • Heart-rate activities • Written assessment
Content Standard 7: All students will develop and maintain healthy levels of muscular strength and endurance.	Assess personal status of muscular strength and endurance of the arms, shoulders, and abdomen.	<ul style="list-style-type: none"> • Planks • Push-ups • Weight Training • Plyometrics 	<p>Health Assessment Profile</p> <ul style="list-style-type: none"> • Timed testing • Written assessment <p>Kagan Strategies</p>

	<p>Meet standards on selected fitness activities that develop and maintain muscular strength and endurance of the arms, shoulders, and abdomen.</p> <p>Participate in a variety of physical activities appropriate for enhancing muscular strength and endurance.</p>		
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Fitness activities will include the following: plyometrics, running, speed walking, flexibility, planks, push-ups, weight training, and aerobics.

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High School Grade 9 PE
Benchmarks and Activities Promoting
Physical Fitness Strand

Content Standard	Benchmarks	Activities	Assessment
<p>Content Standard 8: All students will develop and maintain healthy levels of flexibility of body joints.</p>	<p>Assess personal status of flexibility.</p> <ul style="list-style-type: none"> Participate in a variety of physical activities appropriate for enhancing flexibility 	<p>Daily flexibility and stretching warm-up exercises</p> <ul style="list-style-type: none"> Plyometrics 	<ul style="list-style-type: none"> Daily teacher observation assessment Kagan Strategies
<p>Content Standard 10: All students will apply the concepts of body awareness, time, space, direction and force to movement.</p>	<p>Demonstrate slow and fast movement speeds, balance, coordination, and body awareness</p>	<p>Plyometric motor skill and warm-up activities</p>	<ul style="list-style-type: none"> Daily participation score

Activities identified as team, individual, and dual sports include: soccer, weight training, tennis, flag football, volleyball, basketball, pickleball, badminton, floor hockey, kickball, tennis ball.

Fitness activities will include the following: plyometrics, running, speed walking, flexibility, planks, push-ups, weight training, and aerobics.

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High School Grade 9 PE
 Benchmarks and Activities Promoting
Cognitive Concepts Strand

Content Standard	Benchmarks	Activities	Assessment
<p>Content Standard 11: All students will explain and apply the essential steps in learning motor skills.</p>	<ul style="list-style-type: none"> • Detect and correct errors in personal skill performance. • Recognize the importance of repetition in mastery of skill. 	<ul style="list-style-type: none"> • Team, dual, and individual sports • Plyometrics • Flexibility activities 	Written assessment <ul style="list-style-type: none"> • Verbal expression • Teacher observation • Appropriate physical activities Kagan Strategies
<p>Content Standard 12: All students will explain and apply appropriate rules and strategies when participating in physical education activities.</p>	Analyze strategies in physical activities. <ul style="list-style-type: none"> • Use appropriate rules, strategies and etiquette in physical activities. • Follow and encourage others to follow the rules while participating in physical activities 	Team, dual, and individual sports	Teacher observation <ul style="list-style-type: none"> • Peer group assessment • Written assessment Kagan Strategies
<p>Content Standard 13: All students will describe the effects of activity and inactivity. Students will formulate examples of lifestyle choices that result in the development and maintenance of health related fitness.</p>	Describe psychological effects of right kinds of regular amounts of physical activity (e.g., healthy physical self-image, ability to reduce stress, strong mental function, and emotional health. <ul style="list-style-type: none"> • Describe the activities and opportunities to develop sportsmanship, leadership and cooperation. • Identify lifelong physical leisure activities which one enjoys and would like to pursue. 	Team, dual, and individual sports	Group and class discussion <ul style="list-style-type: none"> • Written assignment Kagan Strategies

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Fitness activities will include the following: plyometrics, running, speed walking, flexibility, planks, push-ups, weight training, and aerobics.

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High School Grade 9 PE
 Benchmarks and Activities Promoting
Physical and Social Concepts Strand

Content Standard	Benchmarks	Activities	Assessment
<p>Content Standard 14: All students will demonstrate appropriate behavior while participating in physical activities.</p>	<p>Demonstrate appropriate behaviors which exemplify each of the following personal/social character traits: compassion, confidence, cooperation, fairness, honesty, perseverance, respect, responsibility, and self discipline.</p>	<p>Team, dual, and individual sports</p> <ul style="list-style-type: none"> • Cooperative group challenges • Fitness activities 	<p>Teacher observation Kagan Strategies</p> <ul style="list-style-type: none"> • Peer group assessment
<p>Content Standard 15: All students will understand the value of physical activity and its contribution to lifelong health and well-being.</p>	<p>Choose to exercise regularly outside the classroom for personal enjoyment and benefit.</p> <ul style="list-style-type: none"> • Accept the differences between individual's personal characteristics and skills. 	<p>Team, dual, and individual sports</p> <ul style="list-style-type: none"> • Fitness activities 	<p>Teacher observation</p> <ul style="list-style-type: none"> • Written assessment Kagan Strategies

Activities identified as team, individual, and dual sports include: soccer, weight training, tennis, flag football, volleyball, basketball, pickleball, badminton, floor hockey, kickball, tennis ball.

Fitness activities will include the following: plyometrics, running, speed walking, flexibility, planks, push-ups, weight training, and aerobics.

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