



# PHYSICAL EDUCATION STANDARDS

FINAL 10/06

## HIGH SCHOOL COURSE 4A Advanced Adventure/Outdoor Activities



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

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

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

- 3.2 Set personal goals for improved performance and enjoyment of adventure/outdoor activities.

#### Group Dynamics

- 3.3 Perform and evaluate planned and spontaneous leadership assignments and roles in high-level adventure/outdoor activities.

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

- 2.1 Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in an adventure/outdoor activity.
- 2.2 Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of adventure/outdoor activity.

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

#### Self Responsibility

- 3.1 Evaluate changes in self-responsibility as skill levels in adventure/outdoor activities improve.