



PHYSICAL EDUCATION STANDARDS

FINAL 10/06

HIGH SCHOOL COURSE 3A *Adventure/Outdoor Activities*



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

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 advanced knowledge and skills in two or more adventure/outdoor activities.
- 1.2 Identify the characteristics and critical elements of a highly skilled performance in adventure/outdoor activities and demonstrate them.
- 1.3 Apply previously learned movement concepts and principles to the learning and development of the motor skills required for successful participation in adventure/outdoor pursuits and activities.
- 1.4 Identify and apply the principles of biomechanics necessary for the safe and successful performance of adventure/outdoor activities.
- 1.5 List the safety equipment required for participation in outdoor pursuits and adventures; describe and demonstrate the use of such equipment.
- 1.6 Demonstrate independent learning of movement skills in adventure/outdoor activities.

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

- 2.1 Participate in adventure/outdoor activities that improve health-related physical fitness.
- 2.2 Analyze the effects of adventure/outdoor activities on a personal physical fitness program and personal levels of health-related physical fitness.
- 2.3 Improve or maintain physical fitness by adjusting physical activity levels according to the principles of exercise.

- 2.4 Explain the relationship between participation in adventure/outdoor activities and health.

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 Compare and contrast the effective leadership skills used in adventure/outdoor activities and those used in other physical activities.
- 3.2 Develop personal goals to improve performance in adventure/outdoor activities.
- 3.3 Identify and analyze adventure/outdoor physical activities that enhance personal enjoyment.
- 3.4 Evaluate the risks and safety factors that may affect participation in adventure/outdoor activities throughout a lifetime.

Social Interaction

- 3.5 Explain how to select and modify adventure/outdoor activities to allow for participation by younger children, the elderly, and individuals with special needs
- 3.8 Analyze the role of social interaction in the successful participation in and enjoyment of adventure/outdoor activities.

Group Dynamics

- 3.9 Accept and perform planned and spontaneous leadership assignments and roles in adventure/outdoor activities.
- 3.10 Analyze the role that cooperation and leadership play in adventure/outdoor activities.
- 3.11 Engage in adventure/outdoor activities both in school and outside school.