

Physical Education

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
PE.912.C.1.1	Identify and describe the critical elements of a basic water rescue.		
PE.912.C.1.2	Understand and apply terminology and etiquette in dance.		
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.1.5	Analyze the relationship between music and dance.		
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.	Safety Features	Exercise Safety
PE.912.C.1.10	Analyze long-term benefits of participating in regular physical activity.	Kinesiology and Resistance Training	Guidelines
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		

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	principles.		
PE.912.C.1.12	Compare and contrast aerobic versus anaerobic activities.	S2-Unit 2	Aerobic vs. Anaerobic
PE.912.C.1.13	Document food intake, calories consumed, and energy expended through physical activity and analyze the results.	Nutrition	Weight Management
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.	Fitness Fundamentals	Target Zone
PE.912.C.1.16	Explain the methods of monitoring levels of intensity during aerobic activity.	S2-Unit 2	Target Zone
PE.912.C.1.17	Assess physiological effects of exercise during and after physical activity.	Ready, Set, Go	Physical Fitness (after effects)

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PE.912.C.1.18	Differentiate between fact and fallacy as it relates to consumer physical fitness products and programs.		
PE.912.C.1.19	Choreograph complex sequences alone, with a partner, or in a small group.		
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.	Safety Features	Exercise Safety (safety procedures)

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PE.912.C.1.26	Evaluate skill patterns of self and/or partner by detecting and correcting mechanical errors.	Strength Training	Lower Body Exercises
PE.912.C.1.27	Compare and contrast how movement skills from one physical activity can be transferred and used in other physical activities.	Cardiovascular Fitness	Exercises
PE.912.C.1.28	Interpret and apply the rules associated with specific course activities.	Cardiovascular Fitness	Principles (interpret rules)
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.	Throughout course	Throughout course
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.	Ready, Set, Go	Getting Started

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PE.912.L.1.6	Utilize knowledge of the risks and safety factors that may affect physical activity throughout life.	Unit 3	Exercise Safety
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.	Throughout course	Throughout course
PE.912.L.2.2	Demonstrate program planning skills by setting goals, devising strategies, and making timelines for a personal fitness program.	Ready, Set, Go	Fitness Analysis
PE.912.L.2.3	Use a variety of resources including available technology to assess, design, and evaluate their personal physical activity plan.	Ready, Set, Go	Goal Setting
PE.912.L.2.4	Apply the principles of training and conditioning in accordance with personal goals.	Designing an Exercise Program	Personalized Program
PE.912.L.2.5	Assess and evaluate the use of a variety of physical activities in developing a personal fitness program.	Fitness Fundamentals	Fitness Components
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.		

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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.	Ready, Set, Go	Goal Setting
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.		

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PE.912.M.1.9	Demonstrate complex skills and advanced rhythmic movements in dance.		
PE.912.M.1.10	Apply sport specific skills in simulation and in real-life applications.	Flexibility Training	Exercises
PE.912.M.1.11	Demonstrate competency in two or more extreme sports activities.		
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.	Fitness Fundamentals	Fitness Components
PE.912.M.1.13	Perform a student designed cardiorespiratory enhancing workout.	Fitness Fundamentals	Fitness Components
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.	Safety Features	Warm Up & Cool Down
PE.912.M.1.16	Apply the principles of training and conditioning to accommodate individual needs and strengths.	Designing and Exercise Program	Personalized Program

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PE.912.M.1.17	Demonstrate basic cardiopulmonary resuscitation (CPR) procedures.		
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.	Strength Training	Lower Body Exercises
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.1.22	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.		

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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.1.27	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.1.29	Demonstrate proficiency in self-defense movement skills.		
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.		

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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.	Flexibility Training	Exercises
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.1.3	Demonstrate responsible behaviors during physical activities.	Unit 3	Safety
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.		

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