

Physical Education CR

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
1	Skilled Movement		
9-12.PE.1.1.1	9-12.PE.1.1.1 Demonstrate a competent skill level in three individual activities (e.g., dance, aquatics, gymnastics, golf, archery, skiing, in-line skating, backpacking, bicycling, disc golf, weight training, bowling).	Cardiorespiratory Fitness	Sections A-D
9-12.PE.1.1.2	9-12.PE.1.1.2 Demonstrate a competent skill level in two dual sports (e.g., tennis, badminton, pickleball, table tennis, racquetball, handball).	Lifetime Activities	Sections A and B
9-12PE.1.1.3	9-12.PE.1.1.3 Demonstrate a competent skill level in two team-related activities (e.g., soccer, softball, basketball, floor or field hockey, volleyball).	Lifetime Activities	Sections C and D
2	Movement Knowledge		
9-12.PE.2.1.1	9-12.PE.2.1.1 Know and understand pertinent scientifically based information regarding movement performance.	Science of Fitness	Section C
9-12.PE.2.1.2	9-12.PE.2.1.2 Apply advanced movement-specific information to physical activity.	Science of Fitness	Section C
9-12.PE.2.1.3	9-12.PE.2.1.3 Integrate discipline-specific knowledge to enable the independent learning of movement skills.	Science of Fitness	Section D
3	Physically Active Lifestyle		
9-12.PE.3.1.1	9-12.PE.3.1.1 Participate daily in physical activity both in and out of school settings.	Physical Fitness	Section A

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9-12.PE.3.1.2	9-12.PE.3.1.2 Analyze the personal benefits that result from participating in physical activity, both as individuals and with others.		
9-12.PE.3.1.3	9-12.PE.3.1.3 Analyze factors that influence personal physical activity patterns throughout life.		
4	Personal Fitness		
9-12.PE.4.1.1	9-12.PE.4.1.1 Demonstrate health-related fitness by improving, meeting and/or sustaining gender and age-related fitness standards as defined by approved tests.	Physical Fitness	Section D
9-12.PE.4.1.2	9-12.PE.4.1.2 Develop an appropriate physical fitness program, and apply appropriate technology to achieve and maintain physical fitness.		
9-12.PE.4.1.3	9-12.PE.4.1.3 Demonstrate an understanding that physical fitness is a part of a lifelong wellness program.		
5	Personal and Social Responsibility		

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9-12.PE.5.1.1	9-12.PE.5.1.1 Initiate independent and responsible personal behavior in physical activity settings.	Cardiorespiratory Fitness	Section D
9-12.PE.5.1.2	9-12.PE.5.1.2 Accept the responsibility for taking a leadership role and willingly follow, as appropriate, in order to accomplish group goals.		
9-12.PE.5.1.3	9-12.PE.5.1.3 Develop strategies for including persons of diverse backgrounds and abilities in physical activity setting.		