

## Physical Education CR

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
19	Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.	Science of Fitness	Static & Dynamic Balance
19.A	Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.	Lifetime Activities	Golf (individual sports)
19.A.4	Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.	Cardiorespiratory Fitness Lifetime Activities	both units
19.B	Analyze various movement concepts and applications.	Lifetime Activities	Tennis
19.B.4	Analyze various movement patterns for efficiency and effectiveness.	Cardiorespiratory Fitness	Cardio Kickboxing
19.C	Demonstrate knowledge of rules, safety and strategies during physical activity.	Cardiorespiratory Fitness	Cycling (safety)
19.C.4a	Develop rules and safety procedures for physical activities.		
19.C.4b	Select and apply offensive, defensive and cooperative strategies in selected activities, games and sports.	Lifetime Activities	Frisbee & Ultimate Frisbee
20	Achieve and maintain a health-enhancing level of physical fitness based upon continual self-assessment.		
20.A	Know and apply the principles and components of health-related fitness.	Physical Fitness	Fitness Components

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20.A.4a	Interpret the effects of exercise/physical activity on the level of health-related fitness.	Physical Fitness	Fitness Components
20.A.4b	Participate in various types of fitness training programs (e.g., circuit, cross and interval training) and describe the characteristics and benefits of each.		
20.B	Assess individual fitness levels	Physical Fitness	Goal Setting
20.B.4a	Record and interpret health-related physiological data (e.g., blood pressure, body mass index, oxygen exchange), with and without the use of technology.	Physical Fitness	Fitness Components
20.B.4b	Prepare an individual health-related fitness profile and evaluate fitness level on each component.		
20.C	Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.	Physical Fitness	whole unit
20.C.4a	Set realistic, short-term, health-related fitness goals based on individual profiles	Physical Fitness	Goal Setting

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20.C.4b	Evaluate physical fitness services, products and advertising.		
20.C.4c	Design and implement a personal fitness program.		
21	Develop team-building skills by working with others through physical activity.	Lifetime Activities	Frisbee & Ullimate Frisbee
21.A	Demonstrate individual responsibility during group physical activities.	Cardiorespiratory Fitness	whole unit
21.A.4a	Demonstrate decision-making skills both independently and with others during physical activities.	Lifetime Activities	Frisbee & Ullimate Frisbee
21.A.4b	Apply identified procedures and safe practices to all group physical activity settings.	Cardiorespiratory Fitness Lifetime Activities	both units
21.A.4c	Complete a given task on time.	Physical Fitness	Fitness Components



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21.B	Demonstrate cooperative skills during structured group physical activity.	Lifetime Activities	Frisbee & Ultimate Frisbee
21.B.4	Work cooperatively with others to achieve group goals in competitive and non-competitive situations (e.g., challenge course, orienteering).	Lifetime Activities	Frisbee & Ultimate Frisbee (competitive situation)