

Physical Education CR

State Standard Number	State Standard Area/Description	Unit Name	Course Topic Description
PA	Physical Activity and Lifetime Wellness		
PA1	Personal Fitness and Healthy Active Living		
PA1A	Health-Related and Skill-Related Fitness		
PA1A1	Use the concepts of health-related and skill-related fitness to connect the benefits each offers to the development of total lifetime fitness		
PA1A2	Analyze present fitness levels to create a long-term personal fitness plan which meets current and future needs necessary for the maintenance of health and fitness	Physical Fitness	Goal Setting
PA1B	Wellness		
PA1B1	Analyze and compare health, skill, and fitness benefits derived from a variety of sports and lifetime activities (e.g., pedometers, pulse wands, heart rate wands, tri-fit machines)		
PA1B2	Describe the relationship between nutrition, exercise and body composition (MyPyramid.gov)		
PA1B3	Investigate the negative effects of performance enhancing drugs and alcohol on health and physical performance		

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PA1B4	Categorize short and long-term effects of stress on the individual		
PA1B5	Analyze the benefits of an effective stress management plan		
PA1C	Fitness Principles		
PA1C1	Design a personal fitness plan utilizing the FITT (frequency, intensity, time, type) principle and the principles of overload, progression, and specificity that contributes to an active healthy lifestyle (American College of Sport Medicine guidelines)		
PA1C2	Differentiate between how oxygen is utilized aerobically and anaerobically		
PA1D	Body Systems		
PA1D1	Identify the major muscle groups that are engaged during specific exercises and activities (e.g., bicep – bicep curl)	Science of Fitness	Anatomy
PA2	Responsible Personal and Social Behavior in the Physical Activity Setting		

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PA2A	Personal/Social Responsibilities		
PA2A1	Show personal etiquette, respect, and safety skills during physical activities		
PA2A2	Identify strategies for including persons of diverse backgrounds and abilities in physical activities		
PA3	Injury Prevention, Treatment and Rehabilitation		
PA3A	Prevention		
PA3A1	Identify the relationship between warm-up, cool-down, proper skill techniques, the use of protective equipment, and proper conditioning to exercise-related injuries		
PA3A2	Investigate and predict potential exercise-related injuries and medical conditions that could occur during a variety of physical activities		
PA3B	Treatment		

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PA3B1	Differentiate between life threatening and non-life threatening injuries and select the appropriate level of treatment (e.g., basic first aid, CPR, calling 911)		
HM	Efficiency of Human Movement and Performance		
HM1	Fundamental Movement Skills and Games		
HM1E	Movement Concepts		
HM1E1	Identify and analyze the critical elements of selected advanced skills (e.g., strength training, games)		
HM2	Sport Skills and Lifetime Activities		
HM2A	Skill Techniques		
HM2A1	Analyze skill techniques of self and others, detect skill errors, and make corrections to show improvement (e.g., peer assessment)	Cardiorespiratory Fitness Lifetime Activities	Cardio Kickboxing (other's techniques) Golf (self)

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HM2B	Individual, Dual and Team Sports		
HM2B1	Summarize the history, rules, terminology, scoring and etiquette in a variety of individual, dual and team sports		
HM2B2	Identify and apply rules of play, skill techniques and basic game strategies in a variety of individual, dual and team sports		
HM2B3	Consistently demonstrate skill competency in a variety of individual, dual and team sports	Cardiorespiratory Fitness Lifetime Activities	both units
HM2C	Outdoor Pursuits/Recreational Activities		
HM2C1	Summarize and apply rules, etiquette, skill techniques, and basic strategies in a variety of outdoor pursuits and recreational activities		
HM2C2	Consistently demonstrate skill competency in a variety of outdoor pursuits and recreational activities	Lifetime Activities	whole unit
HM2D	Specialized Activities		

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HM2D1	Summarize the history, rules, terminology and etiquette in aquatics or gymnastics		
HM2D2	Identify and apply rules, skill techniques and basic strategies in aquatics or gymnastics		
HM2D3	Consistently demonstrate skill competency in aquatics or gymnastics		
HM2E	Careers		
HM2E1	Investigate and cite career opportunities available as related to physical education (e.g., panel, research paper)		
HM3	Rhythms and Dance		
HM3C	Rhythmic Activities		
HM3C1	Demonstrate rhythmic activities that use a variety of equipment to develop various components of fitness (e.g., dumbbells, exercise bands, steps, balls, scarves)		

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HM3D	Forms of Dance		
HM3D1	Demonstrate basic skills and social etiquette in a variety of dance forms utilizing different cultural backgrounds (e.g., line dance, social, folk, aerobic, square, jazz, contemporary)		
HM3E	Social/Cultural Aspects of Dance		
HM3E1	Compare the recreational and social aspects of a variety of dances and their impact on cultural development		