

Alignment Document

State of Wisconsin And Aventa Learning Physical Education

Physical Education

State Standard Number	State Standard Area / Description	Unit Name	Course Topic Description
A.12:	Students in Wisconsin will exhibit a physically active lifestyle.		
A.12.1	Participate regularly in health-enhancing fitness activities such as games, sports, dance, outdoor pursuits, and other physical activities that contribute to the maintenance of wellness, independent of class requirements	Covered in fitness logs throughout the course	
A.12.2	Understand the ways in which personal characteristics, performance styles, and activity preferences will change over the life span	Diet and Exercise	Caloric Needs
A.12.3	Maintain and improve physical fitness, motor skills and knowledge about physical activity through charting or journalizing improvement over time	Covered in fitness logs and journals throughout the course	
A.12.4	Accurately evaluate physical activity information, products, and services to become an informed and responsible physical activity consumer	Designing an Exercise Program	Home Gym
A.12.5	Design and implement a personal fitness program	Designing an Exercise Program	Program
B.12:	Students in Wisconsin will demonstrate competency in many forms of movement and proficiency in some.		
B.12.1	Demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of different types of movement forms such as aquatics, team sports, individual and dual sports, outdoor activities,		

	self-defense, dance, and gymnastics		
B.12.2	Demonstrate competence and work toward advanced proficiency in selected activities such as participating in a tennis match using all the basic skills, rules and strategies with some consistency; passing the Red Cross intermediate swimming requirement; getting nine out of ten arrows in the target from 40 feet; using advanced offensive and defensive shots in a racquetball game against an opponent of similar skill		
C.12:	Students in Wisconsin will apply concepts and principles of movement to the learning and development of physical skills.		
C.12.1	Know and understand pertinent, scientifically-based information regarding movement performance such as the overload principle	Fitness fundamentals	FITT Principles
C.12.2	Independently apply advanced, movement-specific information	Kinesiology and Strength Training	Strength Programming
C.12.3	Integrate discipline-specific knowledge to enable the independent learning of movement skills such as designing a long-term plan for self-improvement in movement activity and explaining the relationship of physical, emotional and cognitive factors that influence the rate of movement	Fitness fundamentals	Fitness components
C.12.4	Identify and apply characteristics and critical elements of highly skilled performance to develop movement competence or proficiency such as using internal and external information to modify movement during performance	Cardiovascular Fitness	Extreme Sports
D.12:	Students in Wisconsin will understand that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.		
D.12.1	Derive pleasure from participating in physical activities in competitive and recreational settings	Covered in fitness logs and journals throughout the course	
D.12.2	Pursue new activities both alone and with others	Fitness fundamentals	FITT principles

D.12.3	Recognize the strengths and weaknesses of teammates and provide opportunities for everyone to enjoy success within skill limitations		
D.12.4	Enter competition or activity voluntarily	Ready Set Go	Getting started
E.12:	Students in Wisconsin will achieve and maintain a health-enhancing level of physical fitness.		
E.12.1	Monitor exercise and other behaviors related to health-related fitness	Covered in fitness logs throughout the course	
E.12.2	Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility and body composition necessary for a healthful lifestyle	Fitness fundamentals	Fitness components
E.12.3	Assess personal health-related fitness status	Ready Set Go	Fitness analysis
E.12.4	Continue meeting health-related fitness standards	Post assessment	Post assessment
E.12.5	Use the results of fitness assessments to guide changes in personal program of physical activity	Ready Set Go	Goal setting
F.12:	Students in Wisconsin will demonstrate responsible personal and social behavior in physical-activity settings.		
F.12.1	Apply rules, procedures, and etiquette in all physical-activity settings		
F.12.2	Act independently of peer pressure	Covered in fitness logs throughout the course	
F.12.3	Defuse potential conflicts by communicating with other participants	Covered in discussion boards throughout the course	
F.12.4	Keep in perspective the importance of winning and losing relative to other established goals of participation	Strength Training Strength Training	Fallen Athletes Performance enhancement
F.12.5	Take appropriate leadership or supportive roles in activities	Strength training	Follow the Leader
F.12.6	Create a safe environment for their own skill practice and group activities	Safety features	Safety
F.12.7	Set personal goals for activity and work toward their achievement	Ready Set Go	Goal Setting
G.12:	Students in Wisconsin will demonstrate understanding and		

	respect for differences among people in physical-activity settings.		
G.12.1	Recognize the value of sports and physical activity in understanding multiculturalism		
G.12.2	Invite students of both genders and various ethnic backgrounds and those with exceptional needs to join in personally enjoyable physical activities		
G.12.3	Display a willingness to experiment with the sport and activity of other cultures	Cardiovascular Fitness	Sports Crossover
G.12.4	Develop strategies for including persons of diverse backgrounds and abilities in physical activities		
G.12.5	Recognize how participation in physical activity influences appreciation for people of both genders, varying cultures and ethnic groups, and those with various levels of physical ability or disability		