

Physical Education High School

Personal and community assessment and engagement for an active lifestyle

KEY:

- Unifying Theme
- Organizing Concept
- Supporting Concept
- Explicit Connection

Physical activity planning

assessment

- high impact practices
- use of feedback
- skill and health-related physical fitness components
- benefits of a variety of activities
- safety

goal setting

- self-assessment for personal improvement
- health-enhancing physical fitness plan
- physical activities outside of PE to reach recommendations and personal goals
- time management

Kinesthetic connections

- biomechanical principles for safety and performance
- movement and the brain
- psychological responses

community-based physical activity

Community engagement

- access and assess community-based physical activities, resources, and emergency procedures
- participate in a variety of physical activities, including group

Teamwork

respectful and safe relationships

- empathy for differences and roles
- audience and participant behavior
- non-competitive contribution
- cooperation

leadership

- appreciation of others' strengths
- conflict management
- listening
- planned and spontaneous leading and contributing roles
- safety

ICON KEY: Prepared Graduate Competencies

- Movement Competence
- Movement Understanding
- Regular Physical Activity
- Physical Fitness
- Emotional and Social Wellness
- Safety