

INDIVIDUAL AND DUAL SPORTS I

Essential Discipline Goals

Develop an acceptable level of fitness and an understanding of the components of fitness and an appreciation of the life-long value of fitness through personalized physical education activities

Develop through a purposeful physical education experience a more positive self-concept appropriate to social and emotional behaviors, self direction and an appreciation of individual differences

Develop physical skills and acquire knowledge of efficient and creative movement through participation in a sequential program of varied activities and develop an appreciation for the value of this type of movement

Develop an awareness of safety practices and procedures

Elective

PE.IDSI. Individual and Dual Sports I

Grades 10-12

Standard Indicators

PE.IDSI.10. Exercise Physiology—Students will demonstrate an ability to use scientific principles to design and participate in a regular, moderate to vigorous physical activity program that contributes to personal health and enhances cognitive and physical performance on a variety of academic, recreational and life tasks.

PE.IDSI.10.01 Develop an acceptable level of fitness

PE.IDSI.10.01.a Demonstrate improved levels of health related fitness through regular fitness regimens PE 1.12.2

PE.IDSI.10.01.b Demonstrate improvement in the skill-related fitness components PE 5.12.1

PE.IDSI.10.01.c Effectively participate in vigorous team activities

PE.IDSI.10.02 Demonstrate an understanding of each of the fitness components and the benefits of physical activity as they relate to specific team sports activity and personal fitness

PE.IDSI.10.02.a Evaluate personal fitness performance

- PE.IDSI.10.02.b** Develop the skill related fitness components
- PE.IDSI.10.02.c** Evaluate activities in terms of fitness benefits
- PE.IDSI.20.** Biomechanical Principles—Students will improve their movement effectiveness and safety by applying the principles of biomechanics to generate and control force.
- PE.IDSI.30.** Social Psychological Principles—The student will demonstrate skills essential for developing self-efficacy, fostering a sense of community, and working effectively with others in physical activity settings.
- PE.IDSI.30.01** Demonstrate an appreciation of individual differences and the positive relationships that can be established and enhanced through physical activity experiences
- PE.IDSI.30.01.a** Value participation in activities with individuals of varying skill levels, cultural backgrounds, race or gender PE. 3.12.5
- PE.IDSI.30.01.b** Adjust performance relative to differences among individuals in characteristics such as to strength, speed, size and skill level
- PE.IDSI.30.02** Demonstrate socially acceptable behaviors including: respect, cooperation, responsibility, honesty and a positive competitive spirit
- PE.IDSI.30.02.a** Value peer assistance by using classmates' comments constructively in an effort to enhance performance PE 4.12.1, PE 4.12.5
- PE.IDSI.30.02.b** Support peer leadership activities
- PE.IDSI.30.02.c** Encourage others to display good sportsmanship as leaders, participants and spectators PE 3.12.2, PE 3.12.4
- PE.IDSI.30.02.d** Demonstrate a competitive spirit that strives to win fairly and accept defeat rationally
- PE.IDSI.30.02.e** Respond appropriately to ethical and unethical behaviors demonstrated in the activity setting PE 3.12.3
- PE.IDSI.40.** Motor Learning Principles—Students will explain and demonstrate how motor skills are learned and proficiency developed through frequent practice opportunities in which skills are repeatedly performed correctly in a variety of situations.
- PE.IDSI.50.** Physical Activity—Students will participate in a regular, personalized purposeful program of physical activity to gain health and cognitive/ academic benefits. They will learn and utilize principles of exercise physiology, social psychology and biomechanics to design a safe and effective program consistent with their health, performance and fitness goals.

- PE.IDSI.50.01** Recognize the benefits of life-long fitness activities through personally designed programs and team sports participation
 - PE.IDSI.50.01.a** Evaluate long-range fitness and activity goals consistent with personal skill potential
 - PE.IDSI.50.01.b** Evaluate specific activities that address fitness needs and increase competencies for life-long participation
 - PE.IDSI.50.01.c** Students will be able to identify the benefits of community activities that contribute to personal fitness goals and maintenance of wellness
 - PE.IDSI.50.01.d** Analyze time, cost and accessibility factors effecting development of a personal fitness plan
- PE.IDSI.50.02** Participate in activities in a safe manner following rules and procedures
 - PE.IDSI.50.02.a** Recognize a safe environment
 - PE.IDSI.50.02.b** Adjust behaviors to reflect safety and consistency with rules
 - PE.IDSI.50.02.c** Demonstrate proper care and use of equipment
- PE.IDSI.60.** Skillfulness Students will enhance their ability to perform a variety of skills and applications by developing fundamental movement skills, creating original skill combinations, combining skills effectively in skill themes, and applying skills to a variety of recreational and daily life experiences.
 - PE.IDSI.60.01** Demonstrate competence in the individual skills fundamental to the playing of a specific game
 - PE.IDSI.60.01.a** Analyze individual performance and skill as they relate PE 2.12.2
 - PE.IDSI.60.01.b** Execute sport-specific beginning and intermediate skills essential to the successful participation in the activity PE 6.12.1
 - PE.IDSI.60.01.c** Execute self-designed plan of skill improvement
 - PE.IDSI.60.01.d** Demonstrate improvement in individual skills PE 6.12.4
 - PE.IDSI.60.01.e** Apply intermediate and advanced skills successfully in game and competitive situations PE 6.12.2
 - PE.IDSI.60.01.f** Analyze personal and peer performance of specialized skills PE 2.12.1
 - PE.IDSI.60.01.g** Analyze performances through video tape, rubric scores, computer software, and design a plan to improve performance PE 4.12.4

- PE.IDSI.60.02** Demonstrate knowledge and skills essential in applying the rules and strategies of specific games
- PE.IDSI.60.02.a** Develop intermediate and advanced offensive and defensive strategies specific to the sport
- PE.IDSI.60.02.b** Apply specific game strategies to situations that effect the positive game performance
- PE.IDSI.60.02.c** Analyze strengths and weakness of various game strategies and make appropriate application decisions
- PE.IDSI.60.02.d** Apply rules to game participation
- PE.IDSI.60.02.e** Analyze rule application as an official
- PE.IDSI.60.02.f** Spontaneously alter performance in games based on perceptual feedback and knowledge of the activity to gain an offensive or defensive advantage PE 6.12.2