

Health and Physical Education - Frederick County Public Schools

Graduation Competencies and Performance Standards Overview

(Last Updated 10/28/2020)

Discipline Specific Graduation Competency 1: Implementing a Healthy Lifestyle

Students will demonstrate the ability to use various skills to enhance health.

1A Apply goal-setting skills to improve health.

1B Practice health-enhancing behaviors and avoid/reduce health risks.

1C Advocate for personal, family, and community health.

1D Demonstrate responsible personal and social behavior that respects self and others.

Discipline Specific Graduation Competency 2: Health and Wellness:

Students will demonstrate the ability to select appropriate behaviors and strategies to enhance health.

2A Analyze how behaviors can impact health.

2B Evaluate the potential impact of substance abuse and resources for substance abuse prevention.

2C Evaluate relationships and strategies to enhance those relationships for self and others.

2D Respond appropriately to situations to enhance health for self and others.

Discipline Specific Graduation Competency 3: Physical Activity and Fitness:

Students will demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

3A Demonstrate competency in a variety of physical and fitness activities

3B Apply strategies and concepts to improve performance in select skills/activities.

3C Evaluates activities for personal fitness development.

3D Participate in regular moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

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Graduation Competencies, Performance Standards and Scoring Criteria

Discipline Specific Graduation Competency 1: Implementing a Healthy Lifestyle

Students will demonstrate the ability to use various skills to enhance health.

1A	Apply goal-setting skills to improve health.
1B	Practice health-enhancing behaviors and avoid/reduce health risks.
1C	Advocate for personal, family, and community health.
1D	Demonstrate responsible personal and social behavior that respects self and others.

Performance Standards Scoring Criteria for Competency 1

Performance Standards	1	2	3	4
1A Apply goal-setting skills to improve health.	I can identify goals to improve health.	I can explain how goal-setting skills are used to improve health.	I can apply goal-setting skills to improve health.	I can promote goal-setting skills to improve the health of others.
1B Practice health-enhancing behaviors and avoid/reduce health risks.	I can identify various health-enhancing behaviors that avoid/reduce health risks.	I can summarize various health-enhancing behaviors that avoid/reduce health risks.	I can practice health-enhancing behaviors and avoid/reduce health risks.	I can promote health-enhancing behaviors and avoid/reduce health risks of others.
1C Advocate for personal, family, and community health.	I can identify health needs for myself, my family, or my community.	I can describe healthy interventions that meet my needs or the needs of my family and community.	I can advocate for healthy choices that meet the needs of myself, my family, or my community.	I can create resources that promote healthy choices that meet the needs of myself, my family, or my community.
1D Demonstrate responsible personal and social behavior that respects self and others.	I can identify responsible personal and social behavior that respects self and others.	I can summarize responsible personal and social behavior that respects self and others.	I can demonstrate responsible personal and social behavior that respects self and others.	I can promote responsible personal and social behavior that respects self and others.

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Discipline Specific Graduation Competency 2: Health and Wellness:

Students will demonstrate the ability to select appropriate behaviors and strategies to enhance health.

2A	Analyze how behaviors can enhance health.
2B	Evaluate the potential impact of substance abuse and resources for substance abuse prevention.
2C	Evaluate relationships and strategies to enhance those relationships for self and others.
2D	Respond appropriately to situations to enhance health for self and others.

Performance Standards Scoring Criteria for Competency 2

Performance Standards	1	2	3	4
2A Analyze how behaviors can enhance health.	I can identify behaviors that can impact health.	I can summarize behaviors that can impact health.	I can analyze behaviors that can enhance health.	I can promote behaviors that can enhance the health of others.
2B Evaluate the potential impact of substance abuse and resources for substance abuse prevention.	I can identify the potential impact of substance abuse and resources for substance abuse prevention.	I can summarize the potential impact of substance abuse and resources for substance abuse prevention.	I can evaluate the potential impact of substance abuse and resources for substance abuse prevention.	I can promote the potential impact of substance abuse and resources for substance abuse prevention to others.
2C Evaluate relationships and strategies to enhance those relationships for self and others.	I can identify characteristics of healthy/unhealthy relationships and strategies to enhance relationships.	I can summarize healthy/unhealthy relationships and strategies to enhance relationships.	I can evaluate relationships and strategies to enhance those relationships for self and others.	I can promote healthy relationships and strategies to enhance those relationships for self and others.
2D Respond appropriately to situations to enhance health for self and others.	I can identify situations when a response may be needed to enhance health for self and others.	I can summarize responses that may be needed to enhance health for self and others.	I can respond appropriately to situations to enhance health for self and others.	I can evaluate responses to situations to enhance health for self and others.

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Discipline Specific Graduation Competency 3: Physical Activity and Fitness :

Students will demonstrate knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

3A	Demonstrate competency in a variety of physical and fitness activities.
3B	Apply strategies and concepts to improve performance in select skills/activities.
3C	Evaluates activities for personal fitness development.
3D	Participate in regular moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Performance Standards Scoring Criteria for Competency 3

Performance Standards	1	2	3	4
3A Demonstrate competency in a variety of physical and fitness activities	I can identify skills in a variety of physical and fitness activities.	I can describe skills in a variety of physical and fitness activities.	I can demonstrate competency in a variety of physical and fitness activities.	I can evaluate competency in a variety of physical and fitness activities.
3B Apply strategies and concepts to improve performance in select skills/activities.	I can identify strategies and concepts to improve performance in select skills/activities.	I can summarize strategies and concepts to improve performance in select skills/activities.	I can apply strategies and concepts to improve performance in select skills/activities.self and/or in select skills/activities.	I can justify strategies and concepts to improve performance in select skills/activities.
3C Evaluate activities for personal fitness development.	I can identify activities for personal fitness development.	I can differentiate activities for personal fitness development.	I can evaluate activities for personal fitness development.	I can design activities for self and others for personal fitness development.
3D Participate in regular moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I can rarely participate in moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I can sometimes participate in moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I can participate in moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	I can consistently participate in moderate to vigorous physical activity for health, enjoyment, challenge, self-expression and/or social interaction.