

# Adventure and Cooperative Activities - Level 1

**Anchor Standard 1:  
Motor Skills and  
Movement Patterns:  
\_The physically literate  
individual demonstrates  
competency in a variety  
of motor skills and  
movement  
patterns.\_** PE19.AC1.1

**A AC-1.1 Motor Skills and Movement Patterns: \_Physical fitness for outdoor adventures\_** PE19.AC1.1.A

- 1 Describe physical activities from individual, dual, and team sports that contribute to the improvement of specific fitness components. PE19.AC1.1.1

**B AC-1.2 Motor Skills and Movement Patterns: \_Training techniques\_** PE19.AC1.1.B

- 2 Identify skills and components needed to design an individualized health-enhancing outdoor fitness program. PE19.AC1.1.2

**Anchor Standard 2:  
Movement and  
performance: \_The  
physically literate  
individual applies  
knowledge of concepts,  
principles, strategies,  
and tactics related to  
movement and  
performance.\_** PE19.AC1.2

**A AC-2.1 Movement and Performance: \_Safety\_** PE19.AC1.2.A

- 1 Recognize unsafe situations related to participation in outdoor activities. PE19.AC1.2.1

**B AC-2.2 Movement and Performance: \_Techniques needed for participation\_** PE19.AC1.2.B

- 2 Identify skills and components needed for the individual to participate successfully in outdoor activities. PE19.AC1.2.2

**Anchor Standard 3:  
Physical Activity and  
Fitness: \_The physically  
literate individual  
demonstrates the  
knowledge and skills to  
achieve and maintain a  
health-enhancing level  
of physical activity and  
fitness.\_** PE19.AC1.3

**A AC-3.1 Physical Activity and Fitness: \_Level of exertion\_** PE19.AC1.3.A

- 1 Identify skills to increase health benefits while participating in outdoor activities. PE19.AC1.3.1

**B AC-3.2 Physical Activity and Fitness: \_Planning outdoor adventure activities and sports\_** PE19.AC1.3.B

- 2 Plan an individual outdoor adventure activity. PE19.AC1.3.2

**Anchor Standard 4:  
Personal and Social  
Behavior: \_The  
physically literate  
individual exhibits  
responsible personal**

**A AC-4.1 Personal and Social Behavior: \_Local, state, and federal laws\_** PE19.AC1.4.A

- 1 Research laws pertaining to outdoor activities. PE19.AC1.4.1

and social behavior that respects self and others.\_ PE19.AC1.4

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**B AC-4.2 Personal and Social Behavior: \_Responsibility for the environment\_ PE19.AC1.4.B**

2 Understand how individual actions impact the environment. PE19.AC1.4.2

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**Anchor Standard 5:  
Values Physical Activity:  
\_The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.\_ PE19.AC1.5**

**A AC-5.1 Values Physical Activity: \_Health and quality of life\_ PE19.AC1.5.A**

1 Discuss how outdoor adventures can be beneficial for quality of life. PE19.AC1.5.1

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**B AC-5.2 Values Physical Activity: \_Personal and psychological responses to outdoor adventure activities\_ PE19.AC1.5.B**

2 Discuss and evaluate the individual benefits of participation in physical activity and outdoor sport, and the social benefits for the individual, family, school, and community. PE19.AC1.5.2