

High School: Elective PE

The physically literate individual will demonstrate competency in a variety of motor skills and movement patterns. [HSL2.1](#)

1 Outdoor Pursuits, Individual, Partner/Team Sports [HSL2.1.1](#)

- A Improves on activity-specific movement skill in one or more activities from: outdoor pursuits, fitness activities, individual-performance activities, dance and rhythmic activities, games, sports, recreation, or aquatics. [HSL2.1.1.A](#)

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. [HSL2.2](#)

1 Outdoor Pursuits, Individual, Partner/Team Sports [HSL2.2.1](#)

- A The physically literate individual applies knowledge of concepts, principles, strategies, terminology, and tactics related to movement by demonstrating performance-based skills. [HSL2.2.1.A](#)

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. [HSL2.3](#)

1 Health-Related Fitness [HSL2.3.1](#)

- A Applies technology (such as wearable devices, mobile device apps, and/or social media tools) to support physical activity and lifetime fitness habits. [HSL2.3.1.A](#)
- B Maintains a healthy caloric/energy balance for an active lifestyle. [HSL2.3.1.B](#)

2 Physical Activity Knowledge [HSL2.3.2](#)

- A Identifies fitness principles (such as overload, recovery, specificity) and applies them to a variety of physical activities in their personal fitness plan. [HSL2.3.2.A](#)
- B Lists opportunities to increase daily physical activity. [HSL2.3.2.B](#)
- C Describes community and school resources to engage in physical activity. [HSL2.3.2.C](#)

3 Engagement in Physical Activity [HSL2.3.3](#)

- A Meets or exceeds the threshold of accumulating 60 minutes of daily moderate to vigorous physical activity. [HSL2.3.3.A](#)

4 Physical Activity and Nutrition Planning [HSL2.3.4](#)

- A Adjusts daily nutritional intake to meet physical activity levels that work toward their own body composition goal. [HSL2.3.4.A](#)

5 Individual Plan HSL2.3.5

- A Designs and uses a personal fitness plan that incorporates the health-related fitness components and follows the key principles of training. HSL2.3.5.A

6 Stress Management HSL2.3.6

- A Explains the positive health outcomes related to managing stress through engaging in regular physical activity and lifetime fitness pursuits. HSL2.3.6.A

The physically literate individual exhibits responsible personal and social behavior that respects self and others. HSL2.4

1 Personal Responsibility HSL2.4.1

- A Takes responsibility for engaging in daily physical activity and regular participation in lifetime fitness pursuits (such as trying out new activities, giving full effort and attention to the opportunities before them, being a positive role model for others, etc.). HSL2.4.1.A

2 Rules and Etiquette HSL2.4.2

- A Adheres to established or developed rules for participation in physical activities, respects the etiquette aspects of participation, and displays a positive disposition. HSL2.4.2.A

3 Working with Others HSL2.4.3

- A Modifies the physical activity or lifetime fitness pursuit so that all ability levels are meaningfully engaged. HSL2.4.3.A

4 Safety HSL2.4.4

- A Differentiates an inherent risk versus an unsafe practice. HSL2.4.4.A

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. HSL2.5

1 Benefits HSL2.5.1

- A Recognizes the value of physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. HSL2.5.1.A
- B Recognizes the relationship between engaging in regular physical activity and positive outcomes related to cognition and/or academic readiness. HSL2.5.1.B
- C Articulates positive social outcomes of trying a new physical activity with others. HSL2.5.1.C

2 Expression HSL2.5.2

- A Shares the many ways that people of all ability levels and interests can accomplish 60 minutes of moderate to vigorous physical activity daily. HSL2.5.2.A
- B Highlights the personal growth aspects of engaging in a novel physical activity. HSL2.5.2.B