

**A-I-M Curriculum**  
**Physical Education**  
**K-12 Standards, Benchmarks, Indicators**  
**Fall/Winter 2003-2004**

**Standards:**

1. Uses a variety of basic and advanced movement forms in the development of motor skills
2. Applies movement concepts and principles in the learning and development of motor skills
3. Understands the benefits and costs associated with participation in physical activity
4. Understands how to monitor and maintain a health-enhancing level of physical fitness
5. Understands the social and personal responsibility associated with regular participation in physical and recreational activities

These standards are adopted and adapted from the 1995 National Standards for Physical Education developed by the National Association for Sport and Physical Education.

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**HIGH SCHOOL PHYSICAL EDUCATION**

**HS.1 Uses a variety of basic and advanced movement forms in the development of motor skills. (MCNS, HOTS, LS, CS, CE, GE, T)**

*HS.1.1 Demonstrates basic skills necessary for previously learned team sports (MCNS, CE, HOTS, LS, CS)*

- HS.1.1.A Performs bump, set, spike and serve in VB
- HS.1.1.B Performs throwing, catching, running in flag football
- HS.1.1.C Performs dribbling, passing, shooting in basketball
- HS.1.1.D Performs throwing and catching, dodging in dodge ball
- HS.1.1.E Performs fielding, throwing, catching, base running in softball

*HS.1.2 Demonstrates basic skills necessary for individual, dual, lifetime and outdoor sports (MCNS, GE, CE, HOTS, CS, LS)*

- HS.1.2.A Uses proper technique pitching horseshoes
- HS.1.2.B Uses offensive and defensive shots in racket games against opponents of similar skill
- HS.1.2.C Demonstrates correct grip and foot sequence in bowling
- HS.1.2.D Shows correct grip and aiming in archery
- HS.1.2.E Participates in racket games using all of the basic rules, skills and strategy with consistency
- HS.1.2.F Understands rules and concepts of various lifetime sports (Local options--Pilates, Tae Bo, YOGA, Self Defense, Thai Boxing, Croquet, Swimming, Racquetball, Tennis, Golf, Lifetime walking, Rollerblading,

Biking, Badminton, Pickleball, Ping Pong, Ice Fishing, Canoeing, Fishing, Rock Climbing, Cross Country Skiing, Repelling, Downhill Skiing)

*HS.1.3 Demonstrates basic skills necessary for dance and gymnastics (MCNS, CE, HOTS, T, CS, LS)*

HS.1.3.A Demonstrates footwork and moves in Jazzercise

HS.1.3.B Performs single and dual stunts in gymnastics and tumbling

*HS.1.4 Demonstrates basic skills necessary for weight lifting (MCNS, CE, LS, CS)*

HS.1.4.A Demonstrates major lifts of free weights

HS.1.4.B Shows proper lift techniques

**HS.2 Applies movement concepts and principles in the learning and development of motor skills (MCNS, CE, HOTS, CS, LS)**

*HS.2.1 Uses more specialized knowledge to develop movement competence or proficiency (MCNS, CE, HOTS, LS, CS)*

HS.2.1.A Learns more about individual and dual sports in respect to “life after high school”

HS.2.1.B Participates in variety of activities and compares similar movements in those activities

HS.2.1.C Demonstrates a consistent effort in physical activities (works to ability)

*HS.2.2 Understands the physiological principles governing fitness maintenance and improvement (MCNS, HOTS, LS, CS)*

HS 2. 2. A. Demonstrates overload principle in weight lifting

HS 2. 2. B. Understands the law of specificity

HS 2. 2. C. Understands the need to do 2 major lifts every other day

*HS 2. 3. Understands offensive and defensive strategies for physical activities (MCNS, HOTS, LS, CS)*

HS 2. 3. A. Compares and contrasts rules and strategies of similar games

HS 2. 3. B. Attempts new strategies

*HS 2. 4. Understands rules for sports as necessary in coed class (MCNS, CE, HOTS, LS, CS)*

HS 2. 4. A. Uses appropriate rules for safety

HS 2. 4. B. Understands differences from varsity sports

**HS 3. Understands the benefits and costs associated with participation in physical activity (MCNS, CE, HOTS, LS, CS)**

*HS 3. 1. Understands factors that impact the ability to participate in physical activity (MCNS, HOTS, LS, CS)*

HS 3. 1. A. Can list resources, cost, equipment and personnel

HS 3. 1. B. Analyzes age, gender, race, ethnicity, socioeconomic status, culture

HS 3. 1. C. List alternatives to activity when injuries occur

HS 3. 1. D. Understands knee, shoulder, and hip injuries in weight lifting

*HS 3. 2. Understands and independently works toward improvement (MCNS, CE, LS, CS)*

HS 3. 2. A. Shows independent work in weight lifting

HS 3. 2. B. Uses team work to include all and get others to improve

*HS 3. 3. Investigates the interrelationship of physical, mental, social, and emotional health (MCNS, HOTS, LS CS)*

HS 3. 3. A. Performs physical activity even when under the weather

**HS 4. Understands how to monitor and maintain a health-enhancing level of physical fitness (MCNS, CE, T, HOTS, LS, CS)**

*HS 4. 1. Knows and assesses personal status (MCNS, CE, T, CS, LS)*

HS 4. 1. A. Analyzes cardio respiratory endurance

HS 4. 1. B. Charts muscular strength (arms, shoulders, abdomen, back and legs)

HS 4. 1. C. Learns and improves flexibility of the joints of the arms, legs and trunk

HS 4. 1. D. Learns components of body composition--Cholesterol, Blood Chemistry, Blood Pressure, Bio-Impedence Flo for Body Fat

HS 4. 1. E. Improves yearly in personal fitness

HS 4. 1. F. Knows personal strengths and weaknesses

HS 4. 1. G. Participates in one mile run and daily running activities

*HS 4. 2. Demonstrates the skill, knowledge and desire to monitor and adjust activity levels to meet personal fitness needs. (MCNS, CE, LS, CS)*

HS 4. 2. A. Participates in health enhancing fitness activities independent of teaching mandates

HS 4. 2. B. Looks at short term and long term consequences of health and risk behaviors

**HS 5. Understands the social and personal responsibility associated with participation in physical and recreational activities (MCNS, CE, HOTS, LS, CS)**

*HS 5. 1. Initiates independent and responsible personal behavior in personal activity settings (MCNS, CE, LS, CS)*

HS 5. 1. A. Participates with not always have to be watched

HS 5. 1. B. Sets personal goals and works toward their achievement

HS 5. 1. C. Participates, compares and contrasts PE activities and varsity sports

*HS 5. 2. Creates a safe environment for participation in physical activity (MCNS, HOTS, CE, LS, CS)*

HS 5. 2. A. Recognizes abilities of others

HS 5. 2. B. Modification of activities to include all students

HS 5. 2. C. Knows importance of student spotting in weight lifting

HS 5. 2. D. Encourages others to apply appropriate etiquette in all physical activity settings

*HS 5. 3. Understand the concept of sportsmanship (MCNS, CE, CS, LS)*

HS 5. 3. A. Follows the Golden Rule

HS 5. 3. B. Understands that sportsmanship affects the enjoyment of activity

HS 5. 3. C. Uses positive social interaction

- HS 5. 3. D.        Develops positive self esteem through movement and exercise
- HS 5. 4.        Understands and demonstrates respect for differences among people (MCNS, CE, LS, CS)*
- HS 5. 4. A.        Understands culture, ethnicity, gender differences
- HS 5. 4. B.        Understands how to get along and have rapport with athletes and non-athletes