

Physical Education Learning Target Progressions - 2

Build confidence and competence as skillful movers in a wide variety of physical activities (Focus - Understanding concepts, principles, strategies, and tactics related to movement and performance)

Movement Concepts & Principles of Movement	
	Demonstrate an understanding of personal and general space by responding appropriately to movement challenges.
	Apply an understanding of space to refine movement, create movement sequences, and improve/enhance performance in various physical activities.
	Demonstrate an understanding of level, direction, pathway, extensions, and body shapes by responding appropriately to movement challenges.
	Apply an understanding of level, direction, pathway, extensions, and body shapes to refine movement, create movement sequences, and improve/enhance performance in various physical activities.
	Demonstrate an understanding of effort concepts & principles (time, force, and flow) by responding appropriately to movement challenges.
	Apply an understanding of effort concepts and principles (time, force, and flow) to refine/enhance movement, create movement sequences, and improve performance in various physical activities.
	Demonstrate an understanding of relationships (Over/Under, On/Off, Near/Far, In Front Of/Behind, Along/Through, Meeting/Parting, Surrounding, Around, Alongside, Leading/Following, Mirroring Matching, Unison/Contrast) by responding appropriately to movement challenges.
	Apply an understanding of relationships (Over/Under, On/Off, Near/Far, In Front Of/Behind, Along/Through, Meeting/Parting, Surrounding, Around, Alongside, Leading/Following, Mirroring Matching, Unison/Contrast) to refine movement, create movement sequences and improve performance in a variety of physical activities.

Pursue & Evade Games	
	Pursue
	Use an athletic ready position and is prepared to react.
	Use boundaries to help trap opponents.
	Is aware and uses peripheral vision to see what is going on to the sides
	Evade
	Use a change of speed direction and pathway to gain an advantage.
	Use a variety of fakes to force the opponent off balance and gain an advantage.

Target Games	
	Take time to develop and use a setup ritual.
	Stay relaxed and confident.
	Apply force principles to increase accuracy from different distances
	Able to concentrate and stay focused when there are distractions

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Games of Invasion	
	Offense – In possession of the ball
	Create personal space with pivots, fakes, and jab steps
	Executes evasive maneuvers to create open passing and shooting lanes (distributes & relocates)
	Limit the amount of time holding the ball to make it more difficult for the defense
	Follow priority rules 1. Try to score if the probability is high 2. Pass to an open teammate in a better position to score. 3. Move and control the ball while looking for an open teammate
	Use space, change of speed, direction, and pathway to cut and re-cut to create open passing lanes to support teammates
	Defense
	Maintain an athletic ready position
	Move closer to an opponent as he/she gets closer to scoring position.
	Position self in relation to the opponent, the position of other offensive players, and the location of the ball
	Accurately judge where and when to move to intercept without fouling.
	Guard opponents to interfere with their movement or object manipulation (Stay close when an opponent has the ball to cause offensive difficulty or to prevent him/her from getting the ball)
	Transition
	Transitions quickly between offense and defense
	Communication
	Communicate with and use teammates effectively by using verbal messages and visual messages

Net & Wall Games	
	Offense
	Hits and recovers to optimal defensive positioning (body & location)
	Vary shot selection & placement with the intent of forcing the opponent to move
	Select shots based on the opponent's location on the court
	Reposition to back up teammates
	Defense
	Maintain an athletic ready position
	Start in and returns to the point of best coverage.
	Adjust location based on where opponents are on the court

Fielding & Striking Games	
	Offense
	Attempt to send the object to an open space
	Defense
	Maintain an athletic ready position
	Make appropriate defensive decisions based on the situation.
	Communicate with teammates regarding how to effectively share the space
	Move to support teammates.

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Goal - Discover the role physical activity choices play in physical, social, emotional, and intellectual health

Health-Related Fitness, Skill Related Fitness, FITT Formula, Warm-Up & Cool Down	
	List the components of health-related fitness.
	List the components of skill-related fitness.
	Define the components of health-related fitness
	Define the components of skill-related fitness
	Track improvement in a variety of health-related fitness components
	Track improvement in a variety of skill-related fitness components
	Analyze physical activities and sports in terms of their health and skill-related fitness components
	Develop a dynamic warm-up that includes movements in all planes targeting balance, range of motion, a gradual increase in body temperature, and a gradual increase in heart rate
	Design & use a cool-down routine.

Physical Activity for Health & Enjoyment	
	Identify physical activities students enjoy outside of class.
	Give examples of physical activities that are enjoyable.
	Identify parts of physical education that are enjoyable.
	Identify positive feelings associated with physical activity.
	Identify physical activities that provide a means of self-expression.
	Describe how physical activity is a part of good health
	List the health benefits of being physically active.
	Compare the health benefits of different physical activities.
	Make choices in physical education based on enjoyment and identify the reasons.
	Describe the relationship between physical activity and stress management
	Describe the physical, social, and emotional benefits of physical activities students participate in regularly
	Identify the criteria for selecting physical activities for enjoyment.
	Explain the relationship between optimal levels of daily physical activity and overall physical and mental health

Flexibility, FITT, Principles of Training	
	Demonstrate the ability to stretch in a variety of directions
	Perform stretches cued by the major muscle groups.
	Demonstrate correct stretching technique
	Demonstrate dynamic warm-up movements for the whole body that challenge balance and flexibility
	Explain the role of flexibility in injury prevention
	Describe and demonstrate the difference between dynamic and static flexibility
	Describe the role of warm-up and cool down
	Identify and define the three planes of motion.
	Apply the FITT formula and principle of overload to a personal plan to improve flexibility
	Explain the relationship between optimal levels of flexibility and overall physical and mental health

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Cardiorespiratory Endurance, RPE, FITT, Principles of Training	
	Identify the physiological response to cardiorespiratory activities.
	Describe what the heart does
	Describe what the lungs do
	Describe the long term effect of cardiorespiratory exercise on the heart muscle
	Identify lifestyle habits that contribute to heart health.
	Differentiate between low, moderate, and vigorous intensity
	Describe what moving at a moderate intensity feels like
	Demonstrate the ability to move at a moderate intensity for increasingly longer periods
	Identify the parts of the circulatory and respiratory systems and describe how they work together.
	Calculate Target Heart Rate
	Differentiate between aerobic and anaerobic capacity
	Describe how Rate of Perceived Exertion can be used to determine how hard you're working
	Use RPE to adjust work intensity.
	Demonstrate the ability to move at a moderate to vigorous intensity for increasingly longer periods of time
	List the components of the FITT Principle.
	Define the components of the FITT Principle
	Apply the FITT formula and principle of overload to a personal cardiorespiratory fitness improvement plan
	Explain the relationship between optimal levels of cardiorespiratory fitness and overall physical and mental health

Muscular Strength & Endurance, FITT, Principles of Training	
	Identify major muscles as part of a group muscle identification movement sequence.
	Individually Identify the major muscles of the body.
	Demonstrate a variety of ways you can use bodyweight to improve muscular endurance
	Create a variety of upper body, core, and lower body muscular endurance activities using bodyweight and sports equipment
	Create and perform a variety of upper body, core, and lower body muscular strength and endurance movements using a variety of sports and fitness equipment
	Design and perform an interval training workout designed to target muscular strength and endurance of the major muscle groups
	Explain how the muscular and skeletal systems work together
	Apply the FITT formula and principle of overload to a personal plan to improve muscular strength and endurance
	Explain the relationship between optimal levels of muscular strength and endurance and overall physical and mental health