



Critical Proficiency- Movement

I can apply a variety of motor skills and apply knowledge and strategies related to movement.

Priority Performance Indicators

- I can use movement concepts, principles (e.g., force, motion, rotation) and knowledge of tactics to analyze and continually improve performance of self and/or others in a selected lifetime physical activity (e.g., outdoor pursuits, individual-performance activities, aquatics, net/wall games or target games).
- I can apply best practices for participating safely in physical activity and exercise (e.g., injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection).

Critical Proficiency- Personal Health

I can understand the benefits of movement to personal health.

Priority Performance Indicators

- I use understanding of cardiovascular endurance, muscular strength, muscular endurance, and flexibility in physical/fitness activities to enhance personal health.
- I use understanding of skill related fitness to achieve a personal goal.

Critical Proficiency- Personal & Social Skills

I can demonstrate personal and social skills related to movement.

Priority Performance Indicators

- I can demonstrate respect for myself while engaging in physical activity.
- I can employ effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed.