

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Passes a volleyball to a teammate using correct form for the forearm pass (I.e., bends knees, has steady platform, makes forearm contact, and straightens legs).			

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Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Dribbles a soccer ball at moderate to fast speeds, while maintaining control of the ball, evading opponents, and shielding the ball.			

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Content Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Positions self correctly in a 2-1-2 defense during a game of basketball.			

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Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Develops an appropriate condition program for a self-selected game/activity to engage in for life.			

Physical Education

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Course of Study

Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities. Benchmark: None Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Develops realistic short-term and long-term personal fitness goals.			

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Content Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performance of physical activities.

Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Correctly identifies the psychological factors that govern successful movement performance (e.g., concentration in free throw shooting) of a given activity.			

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Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Correctly identifies biomechanical principles related to propelling an object far.			

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Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Performs a skill while blindfolded (e.g., putting) and uses personal experience to develop a strategy to teach people with visual impairments how to perform the skill.			

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Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Identifies a new skill to be learned and lists one principle to be followed from each of the following areas: motor learning, sport psychology/sociology, biomechanics, and exercise physiology.			

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Benchmark: None

Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Explains appropriate tactical decisions in a game of softball (“what” to do “when”, including both on-the-ball skills and off-the-ball movements).			

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Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
8. Plans a summer personal condition program.			

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Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
9. Explains the impact of participation in selected sports/activities on various components of fitness.			

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Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.			

Physical Education

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Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Accumulates a recommended number of minutes of moderate to vigorous physical activity needs.			

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Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Demonstrates the ability to monitor and adjust activity to meet personal physical activity needs.			

Physical Education

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Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Monitors physical activity through the use of a pedometer, heart-rate monitor, and/or physical activity log.			

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Course of Study

Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Accumulates a specified number of steps during the day to meet personal goals.			

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Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Demonstrates the use of appropriate strategies for effecting behavior change regarding physical activity among adults.			

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Content Standard 3: Participates regularly in physical activity.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Demonstrates effective time management skills that allow opportunities for physical activity to be created or found during a busy day.			

Physical Education

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Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Maintains appropriate levels of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition necessary for a healthy and productive life.			

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Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Assesses physical fitness status in terms of cardiorespiratory endurance, muscular strength and endurance, flexibility, and body composition.			

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Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Develops a personal fitness profile on the basis of fitness assessment results.			

Physical Education

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Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.			

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Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Achieves personal fitness goals after a period of training.			

Physical Education

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Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Meets the age-and gender-specific health-related fitness.			

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Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Chooses to participate in an activity because of personal enjoyment rather than only when friends are participating.			

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Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Acknowledges the strong performance of another aerobics team despite a loss to them in the final competition.			

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Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. While officiating a competition, listens to all sides of an issue before taking action in a conflict.			

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Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Participates successfully in a cooperative learning group with a wide range of diverse members.			

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Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Invites less-skilled students to participate in a warm-up activity prior to class.			

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Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
6. Shows leadership by diffusing conflict during competition.			

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Course of Study

Content Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
7. Slides into a base in a manner that avoids injury to a defensive player.			

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Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
1. Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction).			

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Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
2. Enjoys working with others in a sport activity to achieve a common goal.			

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Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.			
Benchmark: None			
Content Organizer: 9-12 Grade Range			
Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
3. Creates a pamphlet on the health benefits of physical activity.			

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Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
4. Creates self rewards for achieving personal fitness/physical activity goals.			

Physical Education

Adams County/Ohio Valley
Course of Study

Content Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
Benchmark: None
Content Organizer: 9-12 Grade Range

Performance Outcome	Instructional Activities/Strategies	Resources	Assessment
5. Reflects on reasons for choosing to participate in selected physical activities.			