

# **SPORT FOR LIFE - ESSENTIAL CURRICULUM**

# **NATIONAL STANDARDS FOR PHYSICAL EDUCATION**

Physical activity is critical to the development and maintenance of good health. The goal of physical education is to develop physically educated individuals who have the knowledge, skills, and confidence to enjoy a lifetime of healthful physical activity.

A physically educated person:

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

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

Standard 3: Participates regularly in physical activity.

Standard 4: Achieves and maintains a health-enhancing level of physical fitness.

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

# Sport for Life Essential Curriculum

## CONTENT AREA 1: Team Sports

**Goal 1.** The students will demonstrate competency in motor skills and movement patterns needed to successfully participate in selected team sports.

Objectives- Students will be able to:

- a. Master advanced team sport skills.
- b. Develop and implement an appropriate practice plan for team sport skill proficiency.
- c. Apply or master fundamental movement skills to a variety of team sport activities.
- d. Use mastery of using creative skill combinations by applying them to a variety of team sports.
- e. Evaluate movement skills to maintain or improve personal motor performance and/or fitness levels.

**Goal 2.** The students will demonstrate the ability to use or explain movement concepts, principles, strategies, and tactics as they apply to the learning and performance of team sport activities.

Objectives- Students will be able to:

- a. Apply principles of biomechanics to optimize movement and minimize injury while performing team sport activities.
- b. Use game strategies and tactics as they apply to successful participation in team sport activities.

**Goal 3.** The students will demonstrate the ability to participate regularly in physical activity.

Objectives- Students will be able to:

- a. Select, organize, and monitor their participation in team sport activities.
- b. Extend participation in team sport activity outside of the regular school day.

**Goal 4.** The students will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives- The students will be able to:

- a. Demonstrate healthy levels of achievement in a minimum of 3 out of 5 health related fitness components.
- b. Establish goals to achieve improvement in at least two health related fitness components.
- c. Develop a fitness plan including team sport activities to achieve health related fitness goals.
- d. Analyze the effects that participating in team sport activities has on the body systems.

**Goal 5.** The students will demonstrate the ability to exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Objectives- The student will be able to:

- a. Follow safe practices, rules, procedures, and etiquette during participation in team sport activities.
- b. Model positive attitudes and assist in diffusing conflict during competition in team sport activity.
- c. Model compassion and concern for the well-being of others and respect the diversity of other students.
- d. Make responsible decisions and respect other's opinions.

**Goal 6.** The students will demonstrate the ability to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives- The students will be able to:

- a. Elect to participate in team sport activity for personal enjoyment.
- b. Work collaboratively to establish and follow game rules in order to support and facilitate a safe and challenging team sport environment.

## **CONTENT AREA 2: Dual Sports**

**Goal 1.** The students will demonstrate competency in motor skills and movement patterns needed to successfully participate in selected dual sports.

Objectives- The students will be able to:

- a. Master advanced dual sport skills.
- b. Develop and implement an appropriate practice plan for dual sport skill proficiency.
- c. Master or apply of fundamental movement skills while applying them in a variety of dual sport activities.
- d. Use creative skill combinations while applying them to a variety of dual sports.
- e. Evaluate movement skills to maintain or improve personal motor performance and/or fitness levels.

**Goal 2.** The students will demonstrate the ability to use movement concepts, principles, strategies, and tactics as they apply to the learning and performance of dual sport activities.

Objectives- The students will be able to:

- a. Apply principles of biomechanics to optimize movement and minimize injury while performing dual sport activities.
- b. Use game strategies and tactics as they apply to successful participation in dual sport activities.

**Goal 3.** The students will demonstrate the ability to participate regularly in physical activity.

Objectives- The students will be able to:

- a. Select, organize, and monitor their participation in dual sport activities.
- b. Extend participation in dual sport activity outside of the regular school day.

**Goal 4.** The students will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives- The students will be able to:

- a. Demonstrate healthy levels of achievement in a minimum of 3 out of 5 health related fitness components.
- b. Establish goals to achieve improvement in at least two health related fitness components.
- c. Develop a fitness plan including dual sport activities to achieve health related fitness goals.
- d. Analyze the effects that participating in dual sport activities has on the body systems.

**Goal 5.** The students will demonstrate the ability to exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Objectives- The students will be able to:

- a. Follow safe practices, rules, procedures, and etiquette during participation in dual sport activities.
- b. Model positive attitude and assist in diffusing conflict during competition in dual sport activity.
- c. Model compassion and concern for the well-being of others and respect the diversity of other students.
- d. Make responsible decisions and respect others' opinions.

**Goal 6.** The students will demonstrate the ability to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives- The student will be able to:

- a. Elect to participate in dual sport activity for personal enjoyment.
- b. Work collaboratively to establish and follow game rules in order to support and facilitate a safe and challenging dual sport environment.

## **CONTENT AREA 3: Individual Sports**

**Goal 1.** The students will demonstrate competency in motor skills and movement patterns needed to successfully participate in selected individual sports.

Objectives- The students will be able to:

- a. Master advanced individual sport skills.
- b. Develop and implement an appropriate practice plan for individual sport skill proficiency.
- c. Master or apply fundamental movement skills while applying them in a variety of individual sport activities.
- d. Use creative skill combinations while applying them to a variety of individual sports.
- e. Evaluate movement skills to maintain or improve personal motor performance and/or fitness levels.

**Goal 2.** The students will demonstrate the ability to use movement concepts, principles, strategies, and tactics as they apply to the learning and performance of individual sport activities.

Objectives- The student will be able to:

- a. Apply principles of biomechanics to optimize movement and minimize injury while performing individual sport activities.
- b. Use game strategies and tactics as they apply to successful participation in individual sport activities.

**Goal 3.** The students will demonstrate the ability to participate regularly in physical activity.

Objective- Students will be able to:

- a. Select, organize, and monitor their participation in individual sport activities.
- b. Extend participation in individual sport activity outside of the regular school day.

**Goal 4.** The students will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives- The students will be able to:

- a. Demonstrate healthy levels of achievement in a minimum of 3 out of 5 health related fitness components.
- b. Establish goals to achieve improvement in at least two health related fitness components.
- c. Develop a fitness plan including individual sport activities to achieve health related fitness goals.
- d. Analyze the effects that participating in individual sport activities has on the body systems.

**Goal 5.** The students will demonstrate the ability to exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Objectives- The students will be able to:

- a. Follow safe practices, rules, procedures, and etiquette during participation in individual sport activities.
- b. Model positive attitudes during individual sport activity.
- c. Model compassion and concern for the well-being of others and respect the diversity of other students.
- d. Make responsible decisions and respect others' opinions.

**Goal 6.** The students will demonstrate the ability to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives- The students will be able to:

- a. Elect to participate in individual sport activity for personal enjoyment.
- b. Work collaboratively to establish and follow classroom rules in order to support and facilitate a safe and challenging individual sport environment.

## **CONTENT AREA 4: Lifetime Activities**

**Goal 1.** The students will demonstrate competency in motor skills and movement patterns needed to successfully participate in selected lifetime activities.

Objectives- The students will be able to:

- a. Master advanced lifetime activity skills
- b. Develop and implement an appropriate practice plan for lifetime activity skill proficiency.
- c. Master and apply fundamental movement skills while applying them in a variety of lifetime activities.
- d. Demonstrate mastery of using creative skill combinations while applying them to a variety of lifetime activities.
- e. Evaluate movement skills to maintain or improve personal motor performance and/or fitness levels.

**Goal 2.** The students will demonstrate the ability to use movement concepts, principles, strategies, and tactics as they apply to the learning and performance of lifetime activities.

Objectives- The students will be able to:

- a. Apply principles of biomechanics to optimize movement and minimize injury while performing lifetime activities.
- b. Use game strategies and tactics as they apply to successful participation in lifetime activities.

**Goal 3.** The students will demonstrate the ability to participate regularly in physical activity.

Objectives-The student will be able to:

- a. Select, organize, and monitor their participation in lifetime activities.
- b. Extend participation in lifetime activities outside of the regular school day.

**Goal 4.** The students will demonstrate the ability to achieve and maintain a health-enhancing level of physical fitness.

Objectives- The student will be able to:

- a. Demonstrate healthy levels of achievement in a minimum of 3 out of 5 health related fitness components.
- b. Establish goals to achieve improvement in at least two health related fitness components.
- c. Develop a fitness plan including lifetime activities to achieve health related fitness goals.
- d. Analyze the effects that participating in lifetime activities has on the body systems.



**Goal 5.** The students will demonstrate the ability to exhibit responsible personal and social behavior that respects self and others in physical activity settings.

Objectives- The students will be able to:

- a. Follow safe practices, rules, procedures, and etiquette during participation in lifetime activities.
- b. Model positive attitudes during participation in lifetime activities.
- c. Model compassion and concern for the well-being of others and respect the diversity of other students.
- d. Make responsible decisions and respect others' opinions.

**Goal 6.** The students will demonstrate the ability to value physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

Objectives- The students will be able to:

- a. Elect to participate in lifetime activities for personal enjoyment.
- b. Work collaboratively to establish and follow classroom rules in order to support and facilitate a safe and challenging environment.