

SPECIALTY SPORTS - 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.

National Association for Sport and Physical Education. (2004). *Moving into the future: National standards for physical education* (2nd ed.). Reston, VA: Author.

GENERAL DESCRIPTIONS OF THE CONTENT STANDARDS

Content Area I: Movement

- Goal 1.** The student will demonstrate the ability to achieve competency in many movement forms and proficiency in a few movement forms.

Objective - The students will be able to:

- a. Demonstrate intermediate and advanced skills in three or fewer individual, dual, or team sports.
- b. Execute intermediate and advanced skills effectively in game situations.

- Goal 2.** The student will demonstrate the ability to apply movement concepts and principles to the learning and development of motor skills.

Objective - The students will be able to:

- a. Demonstrate coaching techniques and strategies in three or fewer individual, dual, and team sports.
- b. Apply knowledge of rules of games through officiating responsibilities.

Content Area II: Fitness

- Goal 3.** The student will demonstrate the ability to choose and maintain a physically active lifestyle.

Objectives - The students will be able to:

- a. Participate in the community as a coach or official of a recreational sport.
- b. Be an active participant on a school or community team.
- c. Become a participant in a community health club or fitness program.

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

Objective - The students will be able to:

- a. Obtain acceptable levels of fitness specific to the targeted individual, dual, or team sports.
- b. Demonstrate the ability to select and willingness to perform activities that will improve fitness levels.

Content Area III: Attitude

Goal 5. The student will demonstrate responsible personal and social behavior in the physical activity setting.

Objective - The students will be able to:

- a. Use equipment and space safely and properly.
- b. Follow safe practices, rules, procedures, and etiquette in a physical activity setting.
- c. Model a mature and positive attitude while participating in physical activities.
- d. Assist in diffusing conflict during competition.

Goal 6. The student will demonstrate the ability to understand and respect differences among people in physical activity settings.

Objective - The students will be able to:

- a. Model compassion that reflects concern and well-being for others.
- b. Participate successfully in a group with a wide range of diverse members.
- c. Employ strategies to resolve conflict and make healthy responsible decisions.