

HCPSS Physical Education

High School Level 2 Course Indicators/Objectives

Standard 1: Motor Skills and Movement Patterns

- Refines activity-specific movement skills in one or more lifetime activities (outdoor pursuits, individual-performance activities, invasion games, fielding and striking games, aquatics, net and wall games, or target games). S1.L2.1
- Demonstrates competency in two or more specialized skills in health-related fitness activities. S1.L2.2

Standard 2: Concepts & Strategies

- Identifies and discusses the historical and cultural roles of games, sports, and dance in a society. S2.L2.1a
- Describes the speed-versus-accuracy trade-off in throwing and striking skills. S2.L2.1b
- Identifies the stages of learning a motor skill. S2.L2.1c
- Compares similarities and differences in various dance forms. S2.L2.1d
- Analyzes errors in order to modify strategies and tactics in net, wall, and/or target games. S2.L2.1e

Standard 3: Health-Enhancing Level of Physical Activity and Fitness

- Investigates the relationships among physical activity, nutrition, and body composition. S3.L2.1a
- Evaluates and applies technology and social media tools for supporting a healthy, active lifestyle. S3.L2.1b
- Applies rates of perceived exertion and pacing. S3.L2.1c
- Evaluates the impact of life choices, economics, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings. S3.L2.1d
- Evaluates the risks and safety factors that might affect physical activity preferences throughout the life cycle. S3.L2.1e
- Designs and implements a strength and conditioning program that develops balance in opposing muscle groups. S3.L2.2a
- Identifies the different energy systems used in selected physical activities. S3.L2.2b
- Identifies the structure of skeletal muscle and fiber types as they relate to muscle development. S3.L2.2c
- Adjusts pacing to keep heart rate in the target zone, using available technology to self-monitor aerobic intensity. S3.L2.2d

- Develops and maintains a fitness portfolio. S3.L2.3a
- Analyzes the components of skill-related fitness in relation to life and career goals and designs an appropriate fitness program for those goals. S3.L2.3b
- Creates a meal plan for before, during, and after exercise that addresses nutrition needs for each phase. S3.L2.4
- Applies stress-management strategies to reduce stress. S3.L2.5

Standard 4: Responsible Personal and Social Behavior

- Recognizes the difference between personal characteristics, idealized body images, and elite performance levels portrayed in various media. S4.L2.1
- Examines moral and ethical conduct in specific competitive situations. S4.L2.2
- Demonstrates a leadership role in a physical activity setting. S4.L2.3a
- Engages with others in cooperative and collaborative movement projects. S4.L2.3b
- Applies best practices for participating safely in physical activity, exercise, and dance, including injury prevention, proper alignment, hydration, and use of equipment. S4.L2.4

Standard 5: Recognizes the Value of Physical Activity

- Analyzes the health benefits of a self-selected physical activity. S5.L2.1
- Chooses an appropriate level of challenge needed to experience success and desire to participate in a self-selected physical activity. S5.L2.2
- Selects and participates in physical activities or dance that meet the need for self-expression and enjoyment. S5.L2.3
- Evaluates the opportunity for social support in a self-selected physical activity or dance. S5.L2.4