



# Power Standards for Physical Education **Grade 9**

## Physical Education

### Fitness

**\*2.1** Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.

**\*3.1** Regularly engage in moderate to vigorous physical activities of their choice on a regular basis.

**\*4.1** Assess and adjust activities to maintain or improve personal level of health-related fitness.

**\*5.1** Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.

**\*6.3** Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.

<b>Grade 10 - Physical Education</b>	<b>Grade 11 - Physical Education</b>
<p><b>Fitness</b></p> <p><b>*2.1</b> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.</p> <p><b>*4.1</b> Assess and adjust activities to maintain or improve personal level of health-related fitness.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>Lifetime Activities</b></p> <p><b>*1.2</b> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.</p> <p><b>*1.4</b> Participate in a wide variety of activities, including dance, games, sports and lifetime physical activities.</p> <p><b>*2.1</b> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>*6.3</b> Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.</p> <p><b>Team Sports</b></p> <p><b>*1.2</b> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.</p> <p><b>*1.4</b> Participate in a wide variety of activities, including dance, games, sports and lifetime physical activities.</p> <p><b>*2.1</b> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.</p> <p><b>*3.1</b> Regularly engage in moderate to vigorous physical activities of their choice on a regular basis.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>*6.3</b> Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.</p>	<p><b>Team Sports</b></p> <p><b>*1.2</b> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>*6.3</b> Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.</p> <p><b>Fitness</b></p> <p><b>*3.1</b> Regularly engage in moderate to vigorous physical activities of their choice on a regular basis.</p> <p><b>*4.1</b> Assess and adjust activities to maintain or improve personal level of health-related fitness.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>Lifetime Activities</b></p> <p><b>*1.2</b> Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills.</p> <p><b>*1.4</b> Participate in a wide variety of activities, including dance, games, sports and lifetime physical activities.</p> <p><b>*2.1</b> Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances.</p> <p><b>*5.1</b> Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same.</p> <p><b>*6.3</b> Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships.</p>