

Diocese of Sioux City
Physical Education Standards and Benchmarks
Grade Level 9-12

Standard 1:

- A.** Uses advanced sport-specific skills in selected physical activities

Vocabulary:

- sport-specific skill
- physical activity
- aquatics
- dance
- outdoor pursuit
- individual sport
- dual sport
- team sport

Objective:

- Game skills

- B.** Uses skills in complex rather than modified versions of physical activities

Vocabulary:

- physical activity
- player
- participant
- rule
- strategy

Objective:

- Game skills

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Standard 3: Understands the benefits associated with participation in physical activity

A. Understands factors that impact the ability to participate in physical activity

Vocabulary:

- physical activity
- facility
- equipment

Objective:

- Factors in choosing activities
- Types of physical activity

B. Understands how various factors affect physical activity preferences and participation

Vocabulary:

- Age
- Gender
- Race
- Ethnicity
- socioeconomic status
- culture
- physical activity

Objective:

- Types of physical activity
- Factors in choosing activities

C. Understands the potentially dangerous consequences and outcomes of participation in physical activity

Vocabulary:

- physical activity
- physical injury
- conflict

Objective:

- Effects of physical activity

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Standard 4: Understands how to monitor and maintain a health-enhancing level of physical fitness

A. Knows personal status of cardiorespiratory endurance

Vocabulary:

- personal status
- cardiorespiratory endurance

Objective:

- Cardiorespiratory fitness

B. Knows personal status of muscular strength and endurance of the arms, shoulders, abdomen, back, and legs

Vocabulary:

- personal status
- muscular strength
- muscular endurance
- arm
- shoulder
- abdomen
- back
- leg

Objective:

- Muscular strength and endurance

C. Knows personal status of flexibility of the joints of the arms, legs, and trunk

Vocabulary:

- personal status
- flexibility
- joint
- arm
- leg
- trunk

Objective:

- Flexibility

D. Knows personal status of body composition

Vocabulary:

- personal status
- body composition

Objective:

- Body composition

E. Meets health-related fitness standards for appropriate level of a physical fitness test

Vocabulary:

- fitness standard
- physical-fitness test

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- aerobic capacity
- body composition
- muscle strength
- endurance
- flexibility

Objective:

- Cardiorespiratory fitness
- Muscular strength and endurance
- Body composition
- Flexibility
- Evaluation of fitness

F. Knows how to monitor and adjust activity levels to meet personal fitness needs

Vocabulary:

- activity level
- fitness

Objectives:

- Evaluation of fitness
- Improvement and goal-setting

G. Understands how to maintain an active lifestyle throughout life

Vocabulary:

- Lifestyle
- physical activity
- personal interest

Objective:

- Opportunities for physical activity
- Healthy habits

H. Designs a personal fitness program that is based on the basic principles of training and encompasses all components of fitness

Vocabulary:

- personal fitness program
- training
- cardiovascular efficiency
- respiratory efficiency
- muscular strength
- muscular endurance
- flexibility
- body composition

Objective:

- Cardiorespiratory fitness
- Muscular strength and endurance
- Body composition
- Flexibility
- Training and conditioning
- Improvement and goal-setting

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Standard 5: Understands the social and personal responsibility associated with participation in physical activity

A. Uses leadership and follower roles, when appropriate in accomplishing group goals in physical activities

Vocabulary:

- leadership role
- follower role
- group goal
- physical activity

Objective:

- Team play
- Cooperation and respect

B. Works with others in a sport activity to achieve a common goal

Vocabulary:

- Sport
- Goal
- team championship

Objective:

- Team play
- Cooperation and respect

C. Understands how participation in physical activity fosters awareness of diversity

Vocabulary:

- physical activity
- diversity
- cultural
- ethnic
- gender
- physical

Objective:

- Diversity of individuals
- Cooperation and respect

D. Includes persons of diverse backgrounds and abilities in physical activity

Vocabulary:

- Background
- Ability
- Diverse
- physical activity

Objective:

- Diversity of individuals
- Cooperation and respect

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E. Understands the history and purpose of international competitions

Vocabulary:

- international competition
- Olympics
- Special Olympics
- Pan American Games
- World Cup Soccer

Objective:

- Sport
- Society
- culture

F. Understands the role of sport in a diverse world

Vocabulary:

- sport
- professional sport
- dance
- multiculturalism
- age
- gender

Objective:

- Sport
- Society
- Culture
- Diversity of individuals

G. Understands the concept of "sportsmanship" and the importance of responsible behavior while participating in physical activities

Vocabulary:

- Sportsmanship
- responsible behavior
- activity

Objective:

- Behavior and attitude
- Rules for safety

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Standard 2: Uses movement concepts and principles in the development of motor skills

A. Understands biomechanical concepts that govern different types of movement

Vocabulary:

- biomechanical concept
- movement
- gymnastics skill

Objective:

- Science of movement and fitness

B. Understands how sport psychology affects the performance of physical activities

Vocabulary:

- sport psychology
- performance
- physical activity
- anxiety

Objective:

- Science of movement and fitness

C. Understands the physiological principles governing fitness maintenance and improvement

Vocabulary:

- physiological principle
- fitness
- overload principle
- law of specificity

Objective:

- Science of movement and fitness

D. Uses offensive and defensive strategies and appropriate rules for sports and other physical activities

Vocabulary:

- offensive strategy
- defensive strategy
- rule
- sport
- physical activity

Objective:

- Game strategies
- Game skills