

Ninth Grade Physical Education Curriculum

MOTOR SKILLS

9.MS.1: Apply competent motor skills and movement patterns as needed to perform a variety of physical activities.

- PE.9.MS.1.1: Use basic and advanced skills to participate proficiently in at least three of the following activities or compositions: aquatics, team sports, individual sports, dual sports, outdoor pursuits, self-defense, dance, or gymnastics.
- PE.9.MS.1.2: Apply fundamental motor skills and complex skills needed to participate successfully in at least three lifetime activities.
- PE.9.MS.1.3: Apply information and statistical data about personal and group performance to develop strategies to improve game play or participation in activities.
- PE.9.MS.1.4: Create movement combinations in rhythmic activities with an emphasis on keeping to the beat of the music.

MOVEMENT CONCEPTS

9.MC.2: Understand concepts, principles, strategies, and tactics that apply to the learning and performance of movement.

- PE.9.MC.2.1: Create plans for establishing and maintaining lifelong health-enhancing behaviors based on concepts of health, fitness, and nutrition.
- PE.9.MC.2.2: Use complex movement principles to evaluate and improve performance.
- PE.9.MC.2.3: Generate complex movement concepts that can be used to refine learned skills and to acquire new advanced skills.

HEALTH-RELATED FITNESS

9.HF.3: Understand the importance of achieving and maintaining a health-enhancing level of physical fitness.

- PE.9.HF.3.1: Evaluate personal health-related physical fitness status in terms of cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition.
- PE.9.HF.3.2: Analyze career and occupational opportunities in terms of the required skills, fitness components, and personal interests.
- PE.9.HF.3.3: Analyze the relationship between the six sports-related components and the five health-related components of fitness.

PERSONAL/SOCIAL RESPONSIBILITY

9.PR.4: Use behavioral strategies that are responsible and enhance respect of self and others and value activity.

- PE.9.PR.4.1: Implement leadership skills to promote responsibility in self and others.
- PE.9.PR.4.2: Select the most appropriate ways of responding and mediate to settle conflicts.
- PE.9.PR.4.3: Explain the influence of physical activity on cultural competence and the development of self-awareness.