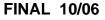
## PHYSICAL EDUCATION STANDARDS



# HIGH SCHOOL COURSE 4C Advanced Individual and Dual Activities





High School Courses 1 and 2, and 3C are designed to be completed before a student enrolls in High School Course 4C.

### STANDARD 1: STUDENTS DEMONSTRATE KNOWLEDGE OF AND COMPETENCY IN MOTOR SKILLS, MOVEMENT PATTERNS, AND STRATEGIES NEEDED TO PERFORM A VARIETY OF PHYSICAL ACTIVITIES.

1.1 Demonstrate expertise in two or more of the following individual and dual activities, preferably one from each category:

Individual	Dual
Archery	Badminton
Cycling	Handball
Golf	Racquetball
Gymnastics/Tumbling	Squash
Skating	Tennis
Skiing	Two-player volleyball
Surfing	
Yoga	

- 1.2 Analyze and evaluate the interrelationship of the principles of biomechanics and the use of strategies in high-level performance in individual and dual activities.
- **1.3** Create or modify practice/training plans base on evaluative feedback from skill acquisition and performance.
- 1.4 Practice individual and dual activities in realworld settings.

### STANDARD 2: STUDENTS ACHIEVE A LEVEL OF PHYSICAL FITNESS FOR HEALTH AND PERFORMANCE WHILE DEMONSTRATING KNOWLEDGE OF FITNESS CONCEPTS, PRINCIPLES, AND STRATEGIES.

2.1 Develop personal physical fitness standards that exceed those of scientifically based health-related physical fitness assessment.

- 2.2 Demonstrate the ability to develop criteria and analyze factors to consider in the purchase of products and programs related to individual and dual activities.
- 2.3 Achieve a level of fitness that improves health and performance and provides opportunities for enjoyment and challenge in individual and dual activities.
- 2.4 Design a personal physical fitness program to be completed in a home or gym and that will be consistent with the demands of a selected individual or dual activity.

#### STANDARD 3: STUDENTS DEMONSTRATE KNOWLEDGE OF PSYCHOLOGICAL AND SOCIOLOGICAL CONCEPTS, PRINCIPLES, AND STRATEGIES THAT APPLY TO THE LEARNING AND PERFORMANCE OF PHYSICAL ACTIVITY.

Self Responsibility

- 3.1 Evaluate changes in self-responsibility as skill levels in individual and dual activities improve.
- 3.2 Set personal goals for improved performance and enjoyment of individual and dual activities.

### Group Dynamics

3.3 Perform and evaluate planned and spontaneous leadership assignments and roles in high-level individual and dual activities.