

## Physical Education I can statements

Standard1: Students will demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.

- I can attain competence in a variety of sport-specific skills by applying the required techniques.
- I can develop proper movement skills for a variety of games.
- I can participate in a number of individual and team activities demonstrating the basic skills, strategies and rules.
- I can state and understand critical cues for movement skills.
- I can demonstrate understanding of the basic skills, strategies and rules in a variety of activities.
- I can demonstrate understanding of movement concepts, principles and strategies as they apply to the learning and performance of physical activities.
- I can demonstrate a knowledge of concepts regarding the physiology of warming up and cooling down.
- I can apply movement concepts to the learning and development of skills.
- I can participate in a variety of activities that promote individual satisfaction and physical fitness.
- I can participate in a variety of activities in class and outside of school that develop a foundation of physical fitness.
- I can identify and participate in a number of activities that develop muscular strength and endurance, flexibility and cardiovascular endurance.
- I can recognize that both proper nutrition and exercise are necessary for a lifelong healthy lifestyle.

Standard2: I can demonstrate responsible behavior in activity settings.

- I can follow recommended safety precautions and procedures.
- I can work positively with others in diverse settings and groups.