

**COMPETENCY GOAL 6: The learner will demonstrate competency in a variety of movement forms and proficiency in a few to gain competence towards lifetime physical activities (NASPE Standard 1).**

**Objectives**

6.01 Demonstrate various aerobic dances.

6.02 Demonstrate various popular folk and square dances, and mixer and couple dances.

6.03 Demonstrate throwing, passing, dribbling, catching, and shooting skills in team sports.

6.04 Demonstrate forehand and backhand striking skills in dual and individual sports.

6.05 Demonstrate skills necessary for participation in non-traditional games and activities.

6.06 Demonstrate the ability to perform skills of jumping rope with a partner or small group.

6.07 Create a variety of combinations using balance skills and rolling movements.

6.08 Create movement sequence routines using balance, jumping, landing, weight transfer, and rolling movements.

**COMPETENCY GOAL 7: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities (NASPE Standard 2).**

**Objectives**

7.01 Analyze the variety of sports and movement forms from countries around the world.

7.02 Identify the origins of a variety of sports and movement forms.

7.03 Participate in a variety of physical activities as both leader and follower.

**COMPETENCY GOAL 8: The learner will exhibit a physically active lifestyle (NASPE Standard 3).**

**Objectives**

8.01 Participates regularly in physical activities for the purpose of improving skill and health.

8.02 Identify opportunities for regular physical activity in school and at home.

8.03 Identify social and psychological benefits from participation in physical activities.

**COMPETENCY GOAL 9: The learner will show evidence of an acceptable level of health-related fitness and be familiar with factors that benefit performance (NASPE Standard 4).**

**Objectives**

9.01 Demonstrate elements of the FIT guidelines to develop personal cardiovascular fitness levels.

9.02 Complete a valid and reliable pre and post health-enhancing fitness assessment and show personal improvement toward achievement of fitness scores at an acceptable level, including monitoring of the heart

9.03 Utilize safe and appropriate warm-up, pacing and cool down techniques.

9.04 Identify and demonstrate the skill related components of fitness.

- Agility
- Balance

- Coordination
- Power
- Reaction time
- Speed

**COMPETENCY GOAL 10: Exhibits responsible personal and social behavior that respects self and others at the same time as values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction (NASPE Standard 5 & 6).**

**Objectives**

10.01 Interacts with others by helping with their physical activity challenges.

10.02 Demonstrate behavior that will resolve conflicts in socially appropriate ways.

10.03 Display the ability to follow rules, procedures and safe practices while working independently for short periods of time.

10.04 Assesses and takes responsibility for his/her own behavior problems without blaming others.