

<p>Lifetime Activities 9.1.1.1</p> <p>Demonstrate competency and refine activity-specific movement skills in two of the following lifetime activity categories: individual performance activities, outdoor pursuits.</p>	<p>Dance & Rhythms 9.1.2.1</p> <p>Demonstrate competency in one or more forms of dance. For example: ballroom, ballet, cultural dances, hip hop, modern, social dances, tap.</p>
<p>Lifetime Activities 9.1.1.2</p> <p>Demonstrate competency and refine activity-specific movement skills in two of the following lifetime activity categories: net and wall games, target games, aquatics.</p>	<p>Fitness Activities 9.1.3.1</p> <p>Demonstrate competency in specialized skills in each of the health-related fitness components: muscular strength, muscular endurance, flexibility, cardiorespiratory fitness.</p>

<p>Movement Concepts, Principles & Knowledge 9.2.1.1</p> <p>Apply terminology associated with exercise and participation in selected individual performance activities.</p>	
<p>Movement Concepts, Principles & Knowledge 9.2.1.2</p> <p>Use movement concepts and principles (force, motion, rotation) to analyze and improve performance for a self-selected skill.</p>	
<p>Movement Concepts, Principles & Knowledge 9.2.1.3</p> <p>Design a practice plan to improve performance for a self-selected skill and justify how the components of the plan will address the areas of concern.</p>	
<p>Movement Concepts, Principles & Knowledge 9.2.1.4</p> <p>Analyze similarities and differences between various dance forms.</p>	

Physical Activity Knowledge 9.3.1.1 Explain the benefits of a physically active lifestyle as it relates to college or career productivity.	Physical Activity Knowledge 9.3.1.5 Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.
Physical Activity Knowledge 9.3.1.2 Evaluate the validity of claims made by commercial products and programs pertaining to fitness and a healthy, active lifestyle.	Physical Activity Knowledge 9.3.1.6 Evaluate risks and safety factors that might affect physical activity preferences throughout the life cycle.
Physical Activity Knowledge 9.3.1.3 Apply technology and social media as tools to support a healthy, active lifestyle.	Engages in Physical Activity 9.3.2.1 Participate in moderate to vigorous aerobic or muscle- and bone-strengthening physical activity several times per week.
Physical Activity Knowledge 9.3.1.4 Identify issues associated with exercising in heat, humidity and cold, and provide strategies for addressing the issues.	Engages in Physical Activity 9.3.2.2 Participate several times per week in a self-selected lifetime activity, dance, or fitness activity outside of the school day.

<p>Fitness Knowledge 9.3.3.1</p> <p>Explain appropriate techniques for resistance training machines, free weights, or body-weight exercises.</p>	<p>Fitness Knowledge 9.3.3.5</p> <p>Adjust pacing to keep one’s heart rate in the target zone using available technology to self-monitor aerobic intensity.</p>
<p>Fitness Knowledge 9.3.3.2</p> <p>Analyze short- and long-term physiological responses to regular physical activity.</p>	<p>Assessment & Program Planning 9.3.4.1</p> <p>Create a behavior modification plan that enhances a healthy active lifestyle in a college or career setting.</p>
<p>Fitness Knowledge 9.3.3.3</p> <p>Differentiate among types of strength exercises (isometric, concentric, eccentric) and stretching exercises (static, dynamic) for personal fitness development.</p>	<p>Assessment & Program Planning 9.3.4.2</p> <p>Design a fitness program, including all components of health-related fitness, for a college student or an employee in the learner’s chosen field of work.</p>
<p>Fitness Knowledge 9.3.3.4</p> <p>Calculate target heart rate and apply that information to a personal fitness plan.</p>	<p>Nutrition 9.3.5.1</p> <p>Design a nutritional plan to maintain an appropriate energy balance that supports a healthy active lifestyle for a college student or an employee in the learner’s chosen field of work.</p>
<p>Stress Management 9.3.6.1</p> <p>Explain how stress-management strategies in physical activity settings can reduce stress and effect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.</p>	

<p>Personal Responsibility 9.4.1.1</p> <p>Employ effective self-management skills to analyze barriers and appropriately modify physical activity patterns as needed.</p>	<p>Safety 9.4.4.1</p> <p>Apply best practices for safe participation in physical activity, exercise or dance. For example: injury prevention, proper alignment, hydration, use of equipment, implementation of rules, sun protection.</p>
<p>Rules & Etiquette 9.4.2.1</p> <p>Exhibit proper etiquette, respect for others, and teamwork while engaging in physical activity or social dance.</p>	
<p>Working with Others 9.4.3.1</p> <p>Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.</p>	
<p>Working with Others 9.4.3.2</p> <p>Solve problems and think critically in physical activity or dance settings both as an individual and in groups.</p>	

Health	9.5.1.1	
Analyze the health benefits of a self-selected physical activity.		
Challenge	9.5.2.1	
Choose an appropriate level of challenge to experience success and desire to participate in a self-selected physical activity.		
Self-Expression and Enjoyment	9.5.3.1	
Select and participate in physical activities that meet the need for self-expression and enjoyment.		
Social Interaction	9.5.4.1	
Identify the opportunity for social support in a self-selected physical activity or dance.		