

<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>	

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

<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.		