9th Physical Education – Participation skills and techniques

I can statements

Standard 1: 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.

Standard 2: 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.

I can value what each participant can do in an activity rather than emphasizing their weaknesses.