

Course Power Standards

Department: Physical Education

Course: Fitness for Life

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Standard 1: Students will understand why we need to develop a variety of motor skills and movement patterns needed to perform physical activities.

Standard 2: Students will understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

Standard 3: Student will understand the importance of participating regularly in physical activity.

Standard 4: Students will understand the importance of self-assessment and how to use this information in order to achieve and maintain a health-enhancing level of physical fitness.

Standard 5: Students will understand the importance of personal and social behavior that respects self and others in physical activity settings.

Standard 6: Students will understand why physical activity is important for health, enjoyment, challenge, self-expression, and/or social interaction.

Guaranteed and Viable Curriculum: A curriculum that 1) gives students access to the same essential learning regardless of who is teaching the class *and* 2) can be taught in the time allotted.

Power Standard: The knowledge, skills, and dispositions that have *endurance*, *leverage*, and are essential in preparing students for *readiness* at the next level: the most essential learning or outcomes.