

Course Power Standards ***“Big Ideas”***

Department: Physical Education

Course: Lifetime Sports

Instructor: Niki Tanner

- Standard 1:** Students will understand the importance of participating regularly in physical activity.
- Standard 2:** Students will understand movement concepts, principles, strategies, and tactics as they apply to the learning and performance of lifetime activities.
- Standard 3:** Students will understand motor skills and movement patterns needed to perform a variety of physical activities.
- Standard 4:** Students will understand the importance of self-assessment and know how to apply this towards achieving and maintaining a health-enhancing level of physical fitness.
- Standard 5:** Students will understand 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.