

GRADE 9

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
<p>1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities. (Physical Skills)</p>	<p>1. Students will demonstrate competence (basic skills, strategies, and rules) in an increasing number of more complex versions of at least three of the following different types of movement forms: aquatics, team sports, individual and dual sorts, outdoor pursuits, self-defense, dance, gymnastics.</p>	<ul style="list-style-type: none"> • Uses correct forehand and backhand body mechanics in racquet sports. • Performs forearm pass, set pass and serve using correct form in volleyball. • Demonstrates proper etiquette and safety while playing golf. • Moves to position quickly and prepares to receive pass in basketball. • Demonstrates proficiency by hitting shots to open places on court, anticipates opponent’s shots, and communicates with partner in badminton. • Demonstrates a variety of swimming strokes. • Demonstrates front crawl, backstroke, elementary backstroke, sidestroke, breast stroke.
	<p>2. Students will document their competence in two or more types of movement forms, such as playing a team sport using all the skills and strategies, demonstrating proficiency in a variety of swimming strokes or creating and demonstrating a gymnastics routine.</p>	<ul style="list-style-type: none"> • Use a quantitative analytic rating scale to assess skills and strategies in 2 types of movement forms. • Demonstration of line and social dance.
<p>2. Demonstrates understanding of movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities. (Knowledge)</p>	<p>1. Students will assess the movement skills of self and others.</p>	<ul style="list-style-type: none"> • Correctly assesses his or her personal strengths and weaknesses in an activity.
	<p>2. Students will analyze basic offensive and defensive strategies in games and sports.</p>	<ul style="list-style-type: none"> • Watch an organized sporting event and analyze how the basic offensive and defensive strategies contributed to the outcome of the event.
	<p>3. Students will identify the characteristics of highly skilled performance in a few movement forms</p>	<ul style="list-style-type: none"> • Use movement principles and concepts to improve the movement performance of self and others. • Explain the impact of participation in selected sports/activities on • Analyze how on-the-ball skills and off-the-ball movements

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
		<p>contribute to performance.</p> <ul style="list-style-type: none"> • Observe an elite athlete and analyze his or her movement form against a provided rubric.
	4. Students will identify and apply critical elements to enable the development of movement competence/proficiency.	<ul style="list-style-type: none"> • Use movement principles and concepts to improve the movement performance of self and others. • In cooperative groups, students select a physical activity, analyze it for its component skills, and create a drill or modified game designed to improve that skill.
3. Participates regularly in physical activity. (Physical Activity)	1. Students will participate regularly in health enhancing and personally rewarding physical activity in multiple settings.	<ul style="list-style-type: none"> • Participates in physical activity outside the classroom and identify personal feelings about that activity. • Fitness log / Fitness plan.
	2. Students will seek and select physical activities from a variety of movement forms based on personal interest, meaning and fulfillment.	<ul style="list-style-type: none"> • Fitness plan.
	3. Students will develop and conduct a personal physical activity program meeting their needs.	<ul style="list-style-type: none"> • Fitness plan.
4. Achieves and maintains a health-enhancing level of fitness.	1. Students will participate in a variety of health-enhancing physical activities.	<ul style="list-style-type: none"> • Choose 3 types of physical activities to participate in to improve fitness in and out of the classroom. • Fitness plan.
	2. Students will use principles of training for the purpose of modifying levels of fitness.	
	3. Students will assess personal health-related fitness program based on an accurately assessed fitness profile.	<ul style="list-style-type: none"> • Attempt to meet appropriate levels of cardio respiratory endurance, muscular strength and endurance, flexibility, and body composition necessary for a healthy and productive life based on results of health-related fitness assessment.
	4. Students will meet or show progress towards health-related fitness standards such as Fitnessgram or another standardized health-related assessment.	<ul style="list-style-type: none"> • Demonstrate program-planning skills by setting goals, devising strategies, and making time lines for a personal physical activity plan. • Use scientific principles and concepts as strategies for improvement of personal fitness goals. • Use a variety of resources, including available technology, to assess, design, and evaluate a personal fitness plan.

<u>Standard</u>	<u>Benchmarks</u>	<u>Content/Assessment</u>
		<ul style="list-style-type: none"> • Fitness testing.
5. Exhibits responsible personal and social behavior in physical activity settings. (Behavioral Skills)	1. Students will apply safe practices, rules, procedures, and etiquette in all physical activity settings.	<ul style="list-style-type: none"> • Exhibits respect for the unique characteristics and abilities of peers. • Acts responsibly to avoid conflict. • Works cooperatively with students of all levels. • Focuses on teamwork rather than winning. • Teacher observation.
	2. Students will act independently of peer pressure.	
	3. Students will resolve conflicts in appropriate ways.	<ul style="list-style-type: none"> • Shows leadership by diffusing conflict during competition.
	4. Students will keep the importance of winning and losing in perspective.	<ul style="list-style-type: none"> • Game emphasis will be on cooperation rather than competition.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (Intrinsic Value)	1. Students will enjoy participation in a variety of activities in competitive and recreational settings.	<ul style="list-style-type: none"> • Reflect on reasons for choosing to participate in selected physical activities. • Identify reasons to participate in physical activities (e.g., health, enjoyment, challenge, self-expression, and social interaction). • Benefits of exercise paper.
	2. Students will pursue new activities both alone and with others.	
	3. Students will enjoy working with others in a sport activity to achieve a common goal.	<ul style="list-style-type: none"> • Participate in a group activity where you work together to accomplish a group goal. • Teacher observation.
	4. Students will recognize that physical activity can provide a positive personal social environment for activities with others.	