

STATE GOAL 19: Acquire movement skills and understand concepts needed to engage in health-enhancing physical activity.

Why This Goal Is Important: Physical performance involves competency in a wide range of motor, non-motor and manipulative skills. Learning in this area is developmental, building simple movements into more complex patterns. Learning to follow directions and rules enhances enjoyment and success in both recreational and competitive sports. Working toward higher levels of competence, students learn how to maintain health and fitness as individuals and as members of teams.

A. Demonstrate physical competency in individual and team sports, creative movement and leisure and work-related activities.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.A.1 Demonstrate control when performing fundamental locomotor, non-locomotor and manipulative skills.	19.A.2 Demonstrate control when performing combinations and sequences in locomotor, non-locomotor and manipulative motor patterns.	19.A.3 Demonstrate control when performing combinations and sequences of locomotor, non-locomotor and manipulative motor patterns in selected activities, games and sports.	19.A.4 Perform skills efficiently in a variety of leisure activities, sports, creative movement and work-related activities.	19.A.5 Demonstrate knowledge and skills in a self-selected individual sport, a team sport, creative movement and work-related activities.

B. Analyze various movement concepts and applications.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.B.1 Understand spatial awareness and relationships to objects and people.	19.B.2 Identify the principles of movement (e.g., absorption and application of force, equilibrium).	19.B.3 Compare and contrast efficient and inefficient movement patterns.	19.B.4 Analyze various movement patterns for efficiency and effectiveness.	19.B.5 Apply the principles of efficient movement to evaluate personal performance.

C. Demonstrate knowledge of rules, safety and strategies during physical activity.

EARLY ELEMENTARY	LATE ELEMENTARY	MIDDLE/JUNIOR HIGH SCHOOL	EARLY HIGH SCHOOL	LATE HIGH SCHOOL
19.C.1 Demonstrate safe movement in physical activities.	19.C.2a Identify and apply rules and safety procedures in physical activities.	19.C.3a Apply rules and safety procedures in physical activities.	19.C.4a Develop rules and safety procedures for physical activities.	19.C.5a Select components (e.g., equipment, boundaries, number of players, rules) which promote participation in novel or original physical activities.
	19.C.2b Identify offensive, defensive and cooperative strategies in selected activities and games.	19.C.3b Apply basic offensive, defensive and cooperative strategies in selected activities, games and sports.	19.C.4b Select and apply offensive, defensive and cooperative strategies in selected activities, games and sports.	19.C.5b Analyze and apply complex offensive, defensive and cooperative strategies for selected games and sports.