

<b>Physical Education, Grade 9-12</b>	
<b>Standard 1:</b>	
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.	
<b>21<sup>st</sup> Century Learning Expectations:</b>	
Hinsdale students will recognize and demonstrate the importance of whole person wellness.	
<b>Enduring Understandings:</b>	
Leading a healthy lifestyle is important to a productive life.	
<b>Learning Competencies</b>	<b>Essential Questions</b>
<p><i>Students will be able to: (grade level expectations found in attached SPARK scope and sequence)</i></p> <ul style="list-style-type: none"> <li>• Successfully use locomotor skills</li> <li>• Apply and use body management skills</li> <li>• Apply use of manipulatives</li> <li>• Enjoy individual activities</li> <li>• Be involved with combative activities</li> <li>• Enjoys dual/paddle/racquet activities</li> <li>• Be successful at stunts and tumbling</li> <li>• Be successfully cooperative</li> <li>• Successfully take part in team activities</li> </ul>	<p>How can I demonstrate that I am competent in motor skills and movement?</p>

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**Standard 2:**

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**21<sup>st</sup> Century Learning Expectations:**

Hinsdale students will recognize and demonstrate the importance of whole person wellness

**Enduring Understandings:**

Leading a healthy lifestyle is importance to a productive life.

**Learning Competencies**

*Students will be able to (grade level expectations found in attached SPARK scope and sequence)*

- Successfully use spatial awareness
- Successfully use concepts, principles, and strategies as relates to elements of correct form for motor skills
- Successfully use feedback for improvement

**Essential Questions**

How can I show what I know about the concepts, principles and strategies and tactics related to movement and performance?

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**Standard 3:**

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness

**21<sup>st</sup> Century Learning Expectations:**

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

**Enduring Understandings:**

Leading a healthy lifestyle is importance to a productive life.

**Learning Competencies**

*Students will be able to (grade level expectations found in attached SPARK scope and sequence)*

- Monitor physical activity using heart rate monitor
- Participate in a variety of activities that increase breathing and heart rate
- Participate in sustaining activity for increasingly longer periods of time throughout the year
- Apply recognizing that health related physical fitness consists of five different components
- Explain the benefits of regular physical activity
- Participate in selected activities that develop and maintain each component of fitness
- Identify strengths and weaknesses based on fitness assessment

**Essential Questions**

How can I show what I know and can do to lead a physical and healthy life?

<b>Physical Education, Grade 9-12</b>	
<b>Standard 4</b>	
The physically literate individual exhibits responsible personal and social behavior that respects self and others.	
<b>21<sup>st</sup> Century Learning Expectations:</b>	
Hinsdale students will recognize and demonstrate the importance of whole person wellness.	
<b>Enduring Understandings:</b>	
Leading a healthy lifestyle is importance to a productive life.	
<b>Learning Competencies</b>	<b>Essential Questions</b>
<p><i>Students will be able to (grade level expectations found in attached SPARK scope and sequence)</i></p> <ul style="list-style-type: none"> <li>• Demonstrate responsible personal/social behavior during PE</li> <li>• Use equipment safely</li> <li>• demonstrate elements of appropriate conflict resolution</li> <li>• Demonstrates regularly encouraging others and refraining from put-downs</li> <li>• Demonstrate cooperative skills</li> <li>• Demonstrate ability to teach an activity or skill to others</li> <li>• Accomplish group goals in both cooperative and competitive activities</li> </ul>	<p>How can I show that I am responsible and respect myself and others?</p>

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**Standard 5**

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**21<sup>st</sup> Century Learning Expectations:**

Hinsdale students will recognize and demonstrate the importance of whole person wellness.

**Enduring Understandings:**

Learning a healthy lifestyle is important to a productive life.

**Learning Competencies**

*Students will be able to (grade level expectations found in attached SPARK scope and sequence)*

- Try new movements and skills
- Persist if not successful on first try
- Choose to practice on skills needing improvement
- Exhibit ways to use the body and movement to express self
- Seek personally challenging experiences in physical activity opportunities
- Work with others to achieve a common goal
- Create and perform a small group dance routine

**Essential Questions**

How can I show that I value physical activity?