

Power Standard #1:

Students will demonstrate competence in a variety of fitness, team and individual sports, and life long learning activities.

Endurance

Competency and proficiency in locomotor skills provides the student with the confidence and ability and understanding necessary to participate in lifelong physical activity

Leverage

Developing skills through physical activity will improve the student's self-confidence and their readiness to learn across the curriculum

Readiness for the next level

A basic or high level of locomotor skills is necessary to get through daily life. It will also give students the confidence to participate in activities after they graduate.

Power Standard #2: Students will assume personal responsibility by setting goals to improve fitness levels through participating in lifetime sports and activities that increase muscular strength and endurance, cardio respiratory endurance and flexibility

Endurance

The ability to assess personal fitness levels and design a program to improve that level is a skill that will directly improve one's life. Increased self-confidence will encourage the student to continue participating in a personal fitness plan.

Leverage

Increased physical activity improves readiness to learn in all settings. Setting goals and working to achieve those goals is a valuable lesson that impacts learning across the curriculum

Readiness for the next level

Understanding the importance of improving one's fitness level and knowing how to do it, will encourage students to take part in a fitness program throughout their life

Power Standard #3; Students will perform effectively on teams that set and achieve goals, solve problems, create solutions, and reflect on the process.

Endurance

Life skills learned in physical education such as teamwork, goal setting, problem-solving, communication skills, and perseverance are skills that everyone needs to be successful in life.

Leverage

Developing the ability to work with other people will help students be successful in other classes as well as life

Readiness for the next level

Problem-solving, setting goals and teamwork are skills practiced in physical education that will positively impact a person's life as well as their level of participation in physical activity