

# GRADE 10 PHYSICAL EDUCATION

## Course Description

Fitness for Life fulfills the Physical Education graduation requirement for grade 10. Students will develop an understanding of their own fitness levels and how to maintain a healthy lifestyle. Students will analyze current fitness levels, study fitness concepts crucial to understanding total fitness, set fitness goals, prepare and implement a fitness plan, and analyze fitness programs. A basic knowledge of human movement will also be emphasized in order for students to understand how physical activity is affecting their bodies. The importance of sportsmanship and teamwork is emphasized daily. Students will demonstrate personal and responsible behavior leading to a lifelong respect for healthy living.

## Standards

### Essential Standards

1.	The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
2.	The physically literate individual exhibits responsible personal and social behavior that respects self and others.

### Important Standards

1.	The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement
2.	The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

### Enhancing Standards

1.	The physically literate individual demonstrates competency in a variety of motor skills and movement patterns and performance
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