

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Grade 10

Standard 1 - Demonstrate competency in many movement forms and proficiency in a few movement forms.

Benchmarks – By the end of Grade 10, students will:

- 1 – 1 Demonstrate a variety of proficient swimming strokes
- 1 – 2 Be competent with a variety of social dance forms
- 1 – 3 Keeps a birdie going with an opponent several times over the net in a game of badminton
- 1 – 4 Play a game of volleyball using all the basic skills and strategies of the sport

Standard 2 - Apply movement concepts and principles to the learning and development of motor skills.

Benchmarks – By the end of Grade 10, students will:

- 2 – 1 Apply biomechanical concepts and principals to analyze and improve performance of self and others
- 2 – 2 Describe and demonstrate the significance of some basic physiological principles to the development of a personal fitness program

Standard 3 - Exhibit a physically active lifestyle.

Benchmarks – By the end of Grade 10, students will:

- 3 – 1 Participate in health-enhancing activities that can be pursued in the community
- 3 – 2 Analyze and evaluate personal fitness profile
- 3 – 3 Identify personal behavior that supports and does not support a healthy lifestyle
- 3 – 4 Analyze and compare health and fitness benefits derived from various physical activities

Standard 4 - Achieve and maintain a health-enhancing level of physical fitness.

Benchmarks – By the end of Grade 10, students will:

- 4 – 1 Assess personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition
- 4 – 2 Design and implement a personal fitness program
- 4 – 3 Participate in a variety of physical activities appropriate for enhancing physical fitness
- 4 – 4 Evaluate personal fitness profile
- 4 – 5 Meet personal fitness goals after a period of training

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Standard 5 - Demonstrate responsible personal and social behavior in physical activity settings.

Benchmarks – By the end of Grade 10, students will:

- 5 – 1 Avoid injuries to the defensive player
- 5 – 2 Choose an activity because they enjoy it and not because all their friends are in it
- 5 – 3 Volunteer to replay contested shots or points during friendly games
- 5 – 4 Walk away from verbal confrontation
- 5 – 5 Acknowledge good play from an opponent during competition
- 5 – 6 Listen to all sides before taking actions in conflict situations

Standard 6 - Demonstrate understanding and respect for differences among people in physical activity settings.

Benchmarks – By the end of Grade 10, students will:

- 6 – 1 Discuss the historical roles of games, sports, and dance in the cultural life of a population
- 6 – 2 Enjoy the satisfaction of meeting and cooperating with others of diverse backgrounds during physical activity

Standard 7 - Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Benchmarks – By the end of Grade 10, students will:

- 7 – 1 Identify participation factors that contribute to enjoyment and self expressions
- 7 – 2 Contribute meaningfully to the achievement of a team

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Grade 11

Standard 1 - Demonstrate competency in many movement forms and proficiency in a few movement forms.

Benchmarks – By the end of Grade 11, students will:

- 1 – 1 Demonstrate a variety of proficient swimming strokes
- 1 – 2 Be competent with a variety of social dance forms
- 1 – 3 Keeps a birdie going with an opponent several times over the net in a game of badminton
- 1 – 4 Play a game of volleyball using all the basic skills and strategies of the sport

Standard 2 - Apply movement concepts and principles to the learning and development of motor skills.

Benchmarks – By the end of Grade 11, students will:

- 2 – 1 Apply biomechanical concepts and principals to analyze and improve performance of self and others
- 2 – 2 Describe and demonstrate the significance of some basic physiological principles to the development of a personal fitness program

Standard 3 - Exhibit a physically active lifestyle.

Benchmarks – By the end of Grade 11, students will:

- 3 – 1 Participate in health-enhancing activities that can be pursued in the community
- 3 – 2 Analyze and evaluate personal fitness profile
- 3 – 3 Identify personal behavior that supports and does not support a healthy lifestyle
- 3 – 4 Analyze and compare health and fitness benefits derived from various physical activities

Standard 4 - Achieve and maintain a health-enhancing level of physical fitness.

Benchmarks – By the end of Grade 11, students will:

- 4 – 1 Assess personal fitness status in terms of cardiovascular endurance, muscular strength and endurance, flexibility, and body composition
- 4 – 2 Design and implement a personal fitness program
- 4 – 3 Participate in a variety of physical activities appropriate for enhancing physical fitness
- 4 – 4 Evaluate personal fitness profile

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4 – 5 Meet personal fitness goals after a period of training

Standard 5 - Demonstrate responsible personal and social behavior in physical activity settings.

Benchmarks – By the end of Grade 11, students will:

- 5 – 1 Avoid injuries to the defensive player
- 5 – 2 Choose an activity because they enjoy it and not because all their friends are in it
- 5 – 3 Volunteer to replay contested shots or points during friendly games
- 5 – 4 Walk away from verbal confrontation
- 5 – 5 Acknowledge good play from an opponent during competition
- 5 – 6 Listen to all sides before taking actions in conflict situations

Standard 6 - Demonstrate understanding and respect for differences among people in physical activity settings.

Benchmarks – By the end of Grade 11, students will:

- 6 – 1 Discuss the historical roles of games, sports, and dance in the cultural life of a population
- 6 – 2 Enjoy the satisfaction of meeting and cooperating with others of diverse backgrounds during physical activity

Standard 7 - Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Benchmarks – By the end of grade 11, students will:

- 7 – 1 Identify participation factors that contribute to enjoyment and self expressions
- 7 – 2 Contribute meaningfully to the achievement of a team

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Grade 12

Standard 1 - Demonstrate competency in many movement forms and proficiency in a few movement forms.

Benchmarks - By the end of Grade 12, students will:

- 1 – 1 Participate in a tennis match using all of the basic skills, rules, and strategies with some consistency
- 1 – 2 Pass the Red Cross intermediate swimming requirement
- 1 – 3 Navigate a kayak skillfully and safely through water
- 1 – 4 Use advance offensive and defensive shots successfully in a tennis game against an opponent of similar skill

Standard 2 - Apply movement concepts and principles to the learning and development of motor skills.

Benchmarks – By the end of Grade 12, students will:

- 2 – 1 Explain the overload principle and designs a personal fitness program where this principle is in operation
- 2 – 2 Demonstrate several skills in gymnastics before explaining some biomechanical principles that govern the movement
- 2 – 3 Design a long-term plan for self-improvement in a movement activity and explain the relationship of physical, emotional and cognitive factors that influence the rate of improvement
- 2 – 4 Use internal and external information and to modify movement during performance

Standard 3 - Exhibit a physically active lifestyle.

Benchmarks – By the end of Grade 12, students will:

- 3 – 1 Participate in health-enhancing activities that can be pursued in the community
- 3 – 2 Willingly participate in games, sports, dance outdoor pursuits, and other physical activities that contribute to the attainment of personal goals and the maintenance of wellness
- 3 – 3 Identify the effects of age, gender, race ethnicity, socioeconomic status, and activity preference and participation
- 3 – 4 Understand the way in which personal characteristics, performance styles, and activity preferences will change over the life span
- 3 – 5 Feel empowered to maintain and improve physical fitness, motor skills, and knowledge about physical activity

ISPS Physical Education Pre-K – 12 Standards and Benchmarks

Standard 4 - Achieve and maintain a health-enhancing level of physical fitness.

Benchmarks – By the end of Grade 12, students will:

- 4 – 1 Monitor exercise and other behavior related to health- related fitness
- 4 – 2 Maintain appropriate levels of cardiovascular and respiratory efficiency, muscular strength and endurance, flexibility, and body composition necessary for a healthful lifestyle
- 4 – 3 Use the result of fitness assessment to guide changes in his or her personal program of physical activity

Standard 5 - Demonstrate responsible personal and social behavior in physical activity settings.

Benchmarks – By the end of Grade 12, students will:

- 5 – 1 Set personal goals for activity and work towards their achievement
- 5 – 2 Encourage other to apply appropriate etiquette in all physical activity settings
- 5 – 3 Response to inflammatory situations with mature personal control
- 5 – 4 Diffuse potential conflicts by communicating with other participants
- 5 – 5 Create a safe environment for their skill practice
- 5 – 6 Take a supportive role in an activity
- 5 – 7 Cheer outstanding performances of opponents as well as the “favored” team

Standard 6 - Demonstrate understanding and respect for differences among people in physical activity settings.

Benchmarks – By the end of Grade 12, students will:

- 6 – 1 Identify the effects of age, gender race, ethnicity, socioeconomic status and culture upon physical activity preferences and participation
- 6 – 2 Display a willingness to experiment with the sport and activity of other cultures
- 6 – 3 Develop strategies for including persons of diverse background and abilities in physical activity

Standard 7 - Understand that physical activity provides the opportunity for enjoyment, challenge, self-expression, and social interaction.

Benchmarks – By the end of Grade 12, students will:

- 7 – 1 Derive genuine pleasure from participating in physical activity
- 7 – 2 Enter competition or activity voluntarily